# DYETS DRY DINNER:

Consisting of eight seuerall Courses:

1. Fruites
2. Hearbes.
3. Flesh.
4. Fish.
5. Whitmeats.
6. Spice.
7. Sauce.
8. Tabacco.

All serued in after the order of Time vniuersall.

By *Henry Buttes*, Maister of Artes, and *Fellowe of* C. C. C. *in* C.

*Qui miscuit vtile Dulci.*

Cicero.

*Non nobis solùm nati sumus, sed Ortus nostri sibi vendicant*

Printed in London by Tho. Creede, for *William Wood*, and are to be sold at the West end of *Powles*, at the signe of *Tyme* 1599.

MVSEVM
BRITAN
NICVM

*Partem Parentes*

# TO THE RIGHT Worshipfull and vertuous Lady, the Lady *Anne Bacon*, sole heire to the *Worship.* Edward Buttes *Esquire, her Father, as also to her Vncles, the right worthie Syr* William Buttes *Knight, and* Thomas Buttes *Esquire, deceased.*

*The Name of this Booke.*

A Painter (Righte worshipfull) fain woulde make a speech to great *Alexander*, and (for that being a meane man, and vnknowne to the King, small notice and lesse respect would bee had of him)

him) he procured *Alexanders* owne cloake or princely robe, and therein preſented himſelfe before the King. The ſame deuiſe my ſelfe am forced to put in practiſe, for being vnworthie, or at leaſt not knowne worthie to be knowne vnto your Ladiſhip, I do partly cloake me with the large Mantle of common Homage: partly cloath me with the proper coate of my Anceſtors: who as they were a litle nearer then my ſelf vnto your blood, ſo were they much nearer to your thoughts, and better knowne vnto you. Thus hauing put on my cloake with the Painter, I begin my ſpeech.

Madame, as the admired perfection of all excellent indowments, wherewith God hath inriched you, neceſſarily plucketh from the hearts of all that know you, due reuerence; ſo the naturall league of mutual loue and friendſhip betweene your and my

my Ancestors, (while they all liued together in *Norffolke*) more neerly vrgeth mee particularly to deuote my selfe vnto you. And yet not only your Ladiships proper name (now cancelled and concealed in you, by participation of another) is thus powerfull to commaund my thoughts; but infinit cause (me thinkes) I haue, highly to respect and honour you, euen in, & by that name, which (but for my fathers progeny stil continuing in *Norffolk*) had put our name to silence. Yea, who most gladly honoureth not the glorious name of that thrise worthie and renowmed wight of famous memory, Syr *Nicholas Bacon*, Lord Keeper of the great seale of England, while he liued: whose magnificent bountie to our Vniuersitie, and especially to *Corpus Christi* Colledge (whereof himself sometime was, as I am now) hath purchased him a perpetuitie of

glory, to be celebrated for euer a principall Benefactor. The chiefe Offspring from this so excellent a roote (into whom the whole accomplishment of all that worth is transfused and derived) is your Ladiships rightly right Worshipfull Knight, of the same name, now living. Who is wel knowne to be the vndoubted heire, not only of his fathers wealth, but of his vertues and glory also. All these premised words (excellent Lady) inferre thus much: I most willingly acknowledge, either of you both may iustly claime interest in the Fee-simple (or rather simple fee) of my best indeuours, studies and praiers, for the preseruation of your health, and continuance of your life. The which least I should seeme onely idlely to wish, I haue not onely bene Votary to *Aesculapius*, Phisickes great Grand-father, but Seruant also to *Dyet*, healths kindest

Nourse.

Nourſe. To whoſe frugall Table, I inuite your Ladiſhip.

But afore you come, I think it my beſt courſe to tell you what kind a feaſt you ſhall finde. In three words I deſcribe it thus: *Dyets dry Dinner.* That is, varietie of Fare: prouided, prepared and ordered, at *Dyets* own preſcription: whoſe ſeruant and Attendant at this feaſt I profeſſe my ſelfe. Thus far (perhaps) not diſliked of any. A *Dry Dinner*, not only *Caninum Prandium*, without Wine, but *Accipitrinum*, without all drinke except *Tabacco*, (which alſo is but Dry Drinke): herein not like to be liked of many. What ere it be (as he ſaith in the Comedie) *Habeas vt Nacta*, take it as you finde it, and welcome. More then which I cannot perform. And therefore moſt humbly I kiſſe your hand.

*Your Ladiſhips moſt deuoted,*

*Henry Buttes.*

*Partem Amici*

# TO MY WORSHIP-full and especiall friends, *Richard Thekeston Esquire, and* Elynor *his Wife.*

## The totall Method.

IT *is a dignitie in active Nature,* (*Right worshipfull*) *that* Agens agit, vt assimulet sibi Patiẽs: *that is, to make the passive likewise active. It were an easie* (*though tedious*) *taske, to note in euery one of Natures actions, Re-action. But that great*

great labour may be greatly lessened by arguing A Minore: by instance of the lesse actiue Elements. For who seeth not (but he that doth not see) that he seeth his own face in the water, no otherwise, then by reference of the offered shape or species of his obiect countenance? Nay the most (if not meerely) passiue Earth returneth notwithstanding, euen to the middle ayre, those splendent beames which formerly the Sunne conferred on it. If the senceless and lifeless Eliments can thus react it, then reasonable man, hath much more reason to be conformable vnto those that worke his good. We to whom your Worships exhibite your bountie, are those same waters on which the wise Salomon biddeth you cast your bread; in whom you see your faces, the shape and Image of your selues: for we are also men as yee be. Then (according to your worships wonted affabilitie) graciously embrace that conformable reaction, which your owne most bounteous fauours haue begotten

in

*in me. I haue bene passing desirous some way to intimate vnto your worships, that I am not senseles or vnmindfull, though vnworthy of your kindnesses. And therefore finding my selfe vnable to requite your greater fauours,* Quod quimus quando quod volumus non. *In lieu of that great good cheare I haue often had with you, both at* London *and in* Yorke-shire, *I do semblably inuite you both to a Schollers Dinner. But where, or whither, I may not (for I cannot) tell you. Your Worship Sir, well remembreth that solemne inuitation at* Cambridge, in Vesperijs Comitiorum; *and therefore will easily let passe this fallacian without Elench or reprehension. Neither can I hope for, at either of your hands, any vngentle or discourteous censure. It is an other kind of gueſt, an vnkinde gueſt, vnbidden, and as bold as welcome, whom my minde presageth, some Gentleman Sewer to some certaine Gentlewoman Semster, who more nice then wise, picketh a quarell with the order, or disorder rather (as he*

*he weeneth) of my Dinner; stoutly a-uerring him that serued in the courses, to be both ignorant of fashions, and void of all good customes. What? (quoth he) Fruite in the first course? Then Flesh, Fish, White-meates, and at last come in salt and spoones, spice and sauce, when all the meate is eaten? Nay more? Tabacco after all, upon a full stomack. Fie, fie:* Dyets Dinner? *a most grosse absurd, and preposterous banquet. May it please your Worships, this challenge must of force be answered. Therefore in vshering these my services, I professe my selfe a verie preuaricatour of this Ages fashion: and do follow the order of vniuersall time, by consequence and succession.*

Fruites

*Thus much all we know, our grand parents at first fed on the fruites of* Eden, *and some merrily say,* Adam *robbed Gods Orch-yard.*

Herbes.

*After their exilement, they fell to Herbes and Rootes, and (as seculer story witnesseth) we liued a long time (like Hogges) with Mast or Acornes, till*

till age taught Tillage.

But all either could not or would not be husbandmen, therefore some went forth on hūting, some at home kept sheep and cattle: so came we to finde sauour in Flesh. Which (probably) we did long afore we tasted Fish, since of the two, Flesh is more obuious & easie to be had. As also Fish by good reason preuēted white-meates, for the simple is afore the Componnd, and the Naturall afore the Artificiall. Flesh. Fish. White-meates.

Therefore after Fish follow White-meates, requiring the helpe of art, and humane inuention in tract of time. Spice.

Neither did our infinit appetite here consist contented with things necessary, but something yet was wanting to adde voluptuous delight. Wherefore wanton appetite growing weary of Natures bare and simple Ordinary, gan cyeurously to banquet with all sorts of Spices and Aromatique delicates. Sause.

But eating Honny with a Ladle, it was soone cloyed with the excesse of sweetnesse: so that tart Condiments & sauces, seemed requisite to prouoke and reuoke louthing and lost appetite.

Tabacco.

*Thus proceeded wee by degrees, from simplicitie and necessitie, to varietie and plentie, ending in luxury and superfluitie. So that at last our bodies by surfeeding, being euer flowne and drowned (as it were) in a surplurisie or deluge of a superfluous rawe humour, (commonly called Rheume) we were to be anheled (like newe dampish Ouens, or olde dwelling houses that haue stood long desolate). Hence is it that we perfume and aire our bodies with* Tabacco *smoake (by drying) preseruing them from putrifaction.*

*May your Worships be fully satisfied with this reason of my extraordinary* Dry Dinner *(to whom both it and my self are purposely denoted) the first dish of it (I meane a Figge) for the rest.*

*Until I haue in readinesse some other matter more worthie your countenance and Patronage, I most humbly take my leaue.*

Your Worships Scholler,

*H. Buttes.*

*Partem Patria.*

# To my Country-men Readers.

*The partiall Method.*



Elcome courteous Countreymen. I meane especially *Norfolkmẽ*. For they are true Catholiques in matter of Dyet: no Recusants of any thing that is mans meate. I bid all in general, excepting only such as are affrayed of toasted Pigge, a breast or legge of Mutton, a Ducke &c. To conclude, I forbid no man, but him onely that

hath maried a wife & cannot come. No man shall loose his labour. Here are *Lettuses* for euery mans lips. For the *Northeren-man*, *White-meates*, *Beefe*, *Mutton*, *Venison*: for the *Southerne-man*, *Fruites*, *Hearbes*, *Fowle*, *Fish*, *Spice*, and *Sauce*. As for the *Middle-sex* or *Londoner*, I smell his Diet. *Vescitur aura ætheriâ*. Here is a Pipe of right *Trinidado* for him. The *Yorkers* they will bee content with bald *Tabacodocko*. What should I say? here is good *Veale* for the *Essex-man*: passing *Leekes* and excellent *Cheese* for the *Welsh-man*. *Denique quid non?* Mary, here are neither *Eg-pies* for the *Lancashire-man*, nor *Wag-tayles* for the *Kentish-man*. But that is all one: here is other good cheere enough. And what is wanting in meate, shall bee supplyed in kinde welcome and officious attendance.

Least any thing should be amisse, or missing to thee, I haue my selfe

(for

(for fault of a better) taken vpon me all such Offices as any way concerne this *Dinner*.

First, I am *Cator*: and haue prouided the very choise of such dayntie as Natures Market affoordeth. 1 Choise.

Secondly, I am *Taster*: commending each dish to thy Palate, according to his right vse and vertue. And (since nothing is so perfectly good, as it partaketh no euill property) I haue put into a by-dish (like *Egshelles* in an Saucer) what worthily may breed offence. Herein imitating a merry *Greeke*, who espying an haire in a dish of Butter, called for another dish and dished it by it self. 2 Vse. 3 Hurt.

Thirdly, I play the *Cooke*: so preparing, seasoning, and saucing the harmefull disposition of euery meat, as it shall be either in whole abolished, or in part qualified. 4 Preparation, or Correction.

Lastly, I assume the *Carvers* Office: and hauing noted the nature and operation of each particular dis-

Degree. Season. Age. Constitution.

pense to euery of my Guests according to the Season, his Age, and Constitution.

Thus very rudely, I obtrude vnto thee not a banquet, but a byt rather of each dish *Scholler-likely*, that is, badly carued. For *Schollers are bad Caruers*. Do thou, by thy kindly feeding on *Dyets dry Dinner*, but cause thy selfe to thirst for *Dyets Drinking*: and I shall with like alacrity, act thy *Cup-bearer*. Wherefore vntill thou beest Dry drunke, *Fare-well*.

*Thy Countryman*,

H. Buttes.

# The Authors Method compriſed in Verſe, by *Samuel Wallſall.*

*COme welcome Gueſt: i'deine not, whatener Thou be, this ſhot-free entertainement:*
*This Boord with* Fruit, Hearbs, Fleſh, Fiſh, Whit
Spice, Sauce, Tabacco, *and faire furniment.*
Fruit, *ſuites thy* Eiſh: Hearbs *reliſh* Fleſh *aright*
Sauce *ſharpens both:* Spice *ſweetens* White-meat
Fruit, Herbs, Fleſh, Fiſh, Whit-meats, Spice,
*Concoct are by* Tabaccos *cordiall.*
*Firſt is here* Friut *(th' Authors firſt-fruits) diſpred,*
*Our Grand-ſire Adam baſe earthes baſer ſlime,*
*In Paradice earths heau'n enthronized,*
*Slakd hungers rage on* Fruit-full *Orchards prime.*
*But ſoone as Man fro Man degendered,*
*Tainted with blemiſhment of Ugly crime:*
*Almightie this a veng-full doome areeds,*
*That beaſtly Man ſhall beaſtlike graze on* Weed
*Whoſe nicer appetite being glut of gore*
*With nigard earths ſo bloodleſſe exterie,*
*Gan murdrous hand embrew in guiltleſſe gore,*
*And raunge amid the Forreſts farre, and nye,*
*And chace with winged foote the tuskie Bore,*

*l blood with bloods expence full deere abye.*
*or rests his thirsting soule aslackt with blood,*
*t must be drenched in the fomy Flood.*
*rets ont whatener* Fishes *wonn*
*the Maine, or in the Christall Brooke:*
*sated yet, must* White-meates *feeden on,*
*-meats addressed by Art Natures Cooke.*
*l is Arabie, still Lands outgon*
*or Esting Sunnes, or Westings looke;*
*Phenix-like t'embalme with* Spicery.
*l to perfume Arts queinter Cookery.*
*lst thou keen thy blunted appetence,*
*d with* Spices *loathsome surfeiture?*
*mmacks whet-stones, tongue-tart* Condiments.
*thy lunges haue tane discomfiture*
*assault of Rume, loe surest fence*
*Rumes incursion; power-full to recure*
*e feebled, and reuiue the deaded sprights,*
*reaine Nepenthes, which* Tabacco *hight.*
*cco not to antique Sages knowne,*
*izards that* Tabacco *knewen not?*
*le agreeu'd with care? is head o'reflowne*
*rimie deluge of defluxes hot,*
*by stealth the neighbour parts adowne?*
*huffe, and smoke* Tabaccos *antidot*

*Fro*

*Fom out thy kindly traunced Chimny-head,*
*With Indish ayre, like to Chameleon, fed.*

*The same man in prayse of this learnedly witty Booke.*

Ome, stead of *Dieting*, wont *Eating* dy,
Paunched with gormandise, and Surquedry:
Loe *Buttes* aright thy Legend aymes I weene.
gend, where Natures art, Arts nature sheene:
here man-kindes meate, meates *Diet*, *Diets* Inne
here some Phisicke, yea summe of Phisicke bin
inst common ills these writtes came well me se
hat *Well* is come, *Well* may be *Welcome* deemd.
These with Cates, Delices, Tabacco, Mell:
ew to *Fare well*: bring *Well-fare*: thus *Fare-we*

## Eiusdem ad Libri nomen allusio.

*S noctu convivia? negant hoc* Prandia. *Vivi es*
*gurges?* Sicca *negant*, *Lurco?* Dieta *negat.*
*Prandia vis?* Prandebis *apud me. abstemia nu*
*andia?* Sicca *dabo. sana?* Dieta *dabit.*
*ndit olus Cynicus patiens: qui hæc* Prandia te
*n' erit Cynicus? non, erit ille Canis.*

# Grace before *Diets dry Dinner* serued in by Time.

*Puer stans ad mensam.*

RST Giue ye thankes vnto the giuer,
nd carefull *Cator* of this *Dinner*:
he sooner he will on you thinke,
o your *Dinner* send you drinke.
hen loose no time: you fré your fare,
ate: I beshrew you, if you spare,
oft and fayre: ore greedy iawes
not their meate with decent pawse.
e on your right hand: there stande *Time*
ext your *Dinner* and this time:
eate, Drincke, and Leysure, take together,
se (saith olde *Cronus*) come not hether.
annerd *Time* th'art ouer rude,
xt *Grace* and *Dinner* to intrude.
t doth olde *Bibax Cronus* here,
ere is nor Wine, nor Ale, nor Beere?
hough here for *Cronus* be no *Merum*
t *Time* (you know) is *Edax rerum*.
is will not suffice your minde,
ther reason you shall finde:
*Time* brought all these courses in,
hey in order serued bin.
hen thinke not much my gentle Guest,




B

## Dinner.

### *Figges.*

Choise. White, best: red, second: blacke, baleſt: full ripe, tender-ſkinned.

Vſe. Nourish very well, and much more then other fruits: take away the ſtone in the reines: reſiſt venims: quench thirſt: cleanſe the breaſt.

Hurt. Immoderately vſed, engender flatiue humors and crudities: therfore greatly annoy ſuch as are ſubiect to the Collicque.

Preparation and correction. Mundified and pared: then eaten with Orenges, Pomgranats, tart meates, or condite with Vineger.

Degree. Hot in the firſt degree, moiſt in the ſecond.

Season, Age. Conſtitutiõ. Alway in ſeaſon, chiefly in Autumne: conuenient for all ages and conſtitutions: leaſt for old folkes.

*Ficus.*

# Ficus.

*Story for Table-talke.*

*A Ioue principium.*

SOme good Scholastique Diuines, think the fruite forbidden to be bitten, was not an Apple but a Figge: then surely as our first parents wilfully discouered their ambitious minds by eating of the frute; so very witlesly thought & sought they to couer their shame with an apren of the leaues, this was (as the latine prouerbe speakes) *Ficulneum Auxilium*, A Figsworth of help: therfore whensoeuer we fall to Figges, we haue occasiō to remember our fal frō God. This plant in it selfe very bitter, yeeldeth passing sweete fruite: transfusing indeed all his sweet iuyce into his frute, leaueth it selfe exhaust of sweetnesse, and so by consequence bitter. *Gen.2.17.*

## Grapes.

Choise. Ripe: white, sweete: thin-skinned.

Vse. Passe quickly: breede lesse wind, nourish very well: make fat (with an R. some say) cole inflammation of the Liuer: prouoke vrine and Venus.

Hurt. Cause thirst and wind: trouble the belly: immoderatly vsed, breed Collicke passions: puffe the spleene and make it sicke: encrease defluxions in old folkes.

Correction. Eate them moderatly, and after them salt meates, Pomegranates, and such sharpe things, or condite with Vineger.

Degree. Hot in the first, moyst in the second, yet without excesse.

Season. In Autumne and the spring, for all but old folkes.

Age.

Constitution.

Vse.

## *Vuæ.*

### *Storie for Table-talke.*

THat Grapes are verie nourishing, it is well seene by the Grape-gatherers in the time of Vintage, for they eate little or nothing else, yet growe they passing fat and corpulent.

The superexcellency of this plant and frute is inestimable, yet by the way to bee noted, in that God calleth his Church a Vine; the fruite or *Vuæ* whereof, are good workes: therefore in many places of the scripture, euery vine is cursed with a *Væ*, wheron there are found no *Vuæ*. *Aue* blesseth a, *Væ* curseth.

## *Mulberries.*

Choise. BLacke: fulsome: best ripe: not corrupt by touch of any thing: gathered afore sunne.

Vse. Remedie hoarsenesse: quench thirst: supple the bodie: asswage choller: cause appetite.

Hurt. Breed winde: disturbe the stomacke, especially fraught with bad humours.

Correction. Rinse them first in Wine, and eate tart things after them.

Degree. Ripe, are hot and moist in the second: unripe, cold and drie.

Season. In hot weather, for youth, cholerists, and sanguines.

Age.

Constitution.

*More*

## *Mora.*

*Storie for Table-talke.*

*Moros*, is Greeke for Foole: yet the Poets call this plant *Prudens Morus*, the wise Mulberry: because it springeth last of Trees, not till the cold byting frosts and nipping blasts of black mouthed winter are al ouer

All contradiction is reconciled, and the matter moderated by putning *Prudens Morus*, a wise Foole. For this is the height and depth of Fooles wisedome: they haue the wit to keepe themselues out of the raine: *Id est*, Out of apparant dāger. Which notwithstanding if one most wise *Morus* (*minime moros*) had bene so wise as to haue done: the winter storms of angry *Ione* had not nipt him on the head, or naped him rather in the neck, for speaking against the head. *Morosophus.*

This fruite was at first white, til it was dyed red with the blood of *Pyramus* and *Thisbe*.

## *Strawberries.*

Choise. RED: ripe: faire: fragrant: Garden: set.

Vse. Allwage the boiling heate and acrimony of blood and choller: cole the liuer: quench thirst: prouoke vrine and appetite: are passing gratefull to the pallate.

Hurt. Nought for the Palsey, diseased sinows, and weak stomacks: those that growe of themselues or in woods, offend their stomacks with their sharpnesse.

Correction. Rinse and mundify them with the best wine, then eate them with a good deale of sugar.

Degree. Season. Age. Constitution. Cold and dry in the first: the riper the temperater.

For hot weather, youth, cholericke, and sanguine.

*Fraga.*

## *Fraga.*

*Story for Table-talke.*

THey were vtterly vnknown to Antique leeches, and are indeed yet more beholding to Poets then Phisitians. They named them *Fraga*: neither haue they any other name, as farre as I know. The English name importeth their manner of setting in beds, not cast on heapes, but (as it were) strawed here and there with manifest distance.

*Conradus Gesner* reporteth, he knew a woman that was cured of the pimples on her face, onely by washing it with Strawberrie-water: and yet it was very homely and rudely distilled, betwixt two platters, and not in a limbeck.

## *Cherryes.*

Choise. RIpe: sharpe: new-gathered: whose pulpe is hard, and iuyce steyneth blood-red.

Vse. Eaten fasting, or afore dinner, make soluble: passe quickly, slake thirst, cole moderately, prouoke appetite, moysten the body.

Hurt. Sone corrupt: much eaten inflate the stomacke, hurt the aged or very phlegmaticke: do the body litle good.

Correction. Eate presently after them meats of good iuyce, salt or tart.

Degree. Cold in the first, moist in the second.

Season.

Age.

Constitution. For hot weather, youth, cholericke.

*Cerasa.*

## *Ceraſa.*

### *Story for Table-talke.*

CHerryes take their name of the Latine *Ceraſa*, and *Ceraſa* of *Ceraſuntë*, a Towne in *Pontus*: whence *Lucullus* firſt brought them to *Rome*, after hee had conquered *Mithridate*, in the ſixe hundreth and eightieth yeare of the Citie.

*Cantabrigian Achademicks*, may very fitly interpret *Ceraſuntë* Cherry-Hintō their neighbour Cherry-Towne. Where many *Athenian* Squires are ſo ouercome by cherryes, that they can very hardly conuey them cleanly home to *Athens*: and afterward are conſtrained to implore the ayde of *Mithridate* and his Coſin Triacle, in regaining to them the Caſtle of health.

*Plums.*

## *Plums.*

Choise. KIndely and throughly ripe: tender skinned: sweete and toothsome: gathered afore sunne.

Vse. Purge choller: abate heate: refresh and moisten the body: slake thirst: excite appetite: superexcellent in burning agues.

Hurt. Loosen and weaken the stomack: engender watry humours in cold and weake stomacks: yéeld litle or no nourishment: hurt the aged, stuft with fleame, or such as haue the collicque.

Correction. Eate them afore meate, and eate after them Saccarum Rosatum aromaticum, or salt meats.

Degree: Cold in the beginning of the second, moist in the end of the third.

Season. For hot weather,

Age. youth,

Constitutiõ. cholleticke, and sanguine.

*Prũa.*

## *Prunes.*

### *Story for Table-talke*

*Damascena* or Damaske-prunes, are so called of *Damascus* in *Syria*, which yeeldeth your best and most commended Prune. Next in *Galens* iudgement, is the Spanish, sweeter then the Damaske, and not so astringent. The French with vs is of much request, for speciall vse.

Damascens of all other Plums are thought most wholesome, in so much as many are of the minde, that a good stomack can very hardly surfet of them.

*Apples.*

## Apples.

Choise. OLd, sweete, faire, ripe in any case.

Vse. Comfort the hart: quench thirst: enlarge the brest: dispatch distillations of rume; cause to spit: quiet the cough.

Hurt. Annoy weake stomacks, and diseased sinowes; especially eaten raw, or many.

Preparatiõ. Correctiõ. Roast, baked, sleyed, powdered with sugar and aniseed comfits; or else eate Saccarum Rosarum vpon them.

Degree. Sweet, are hot in the first, temperately moist: sower, are cold and dry.

Season. Age. Constitution. In Autumne and spring, for youth, chollericke and good stomacks.

Mala.

## *Mala.*

### *Story for Table-talke.*

AN Apple is of euill report, or at leastwise hath but an euil name amongst the Romaines: for the very name (*Malum*) signifieth euill. Hence some forbid both cheese an apples with this fallacian. - *Caseus est nequam, et mala sunt mala.* Howbeit not origination but fortune made thē Sophisters. For *Mâlum* (an apple) deriueth his line of Ancestry frō the Greeke *Melon*, of great antiquitie, not vnknowne to *Homer*. Yet the obuious Notation is passing plausible and more passable: because an apple was the cause or occasion of all euill: but whether it were an apple or no, *fides sit penes Authores.*

*Peares.*

## *Peares.*

Choise. Thoroughly ripe: sweete.

Vse. Please the taste; cause appetite: comfort a weake stomacke: by forcing the sawes to raise and spit out fleame, prouoke to the stoole.

Hurt. Breed cold and flatulent blood: nought for the collicke.

Correction. After meate, powdered with much sugar, drinke olde wine of good sauour vpon them: or indeed, prepare them thus.

Preparatiō. First part them in halfes and cut out the Cores.

Then pare, salt, and cast them so out of doores.

Degree. Cold in the first, dry in the second.

Season. In Autumne and winter, for all but the aged and rumaticke.

Age.

Constitution.

*Pyrit.*

## Pyra.

*Story for Table-talke.*

OVr English name Peare, comes of the Latine *Pyrum* or *Pyrus*, and *Pyrus* of *Pyramis*, because both the Peare-tree and the Peare it selfe also, somewhat resemble that figure or proportion: yet *inversum*, if they be compared. For the Peare-tree aspireth and riseth with a kinde of *Cone* in the top: the Peare (*Contra*) pointeth toward the stalke: and his broad crowne representeth the basis.

The Italians call their chiefe or best Peare *Bergmot*. *Mot* is a Peare, and *Berke* signifies Lord or Master in the Turkish tongue, whence they borrowed it. As we say a Pome-roy from the French.

## *Aprecocks.*

Choise. The greatest: best coloured: ripe: whose inward kernels are passing sweet, and comes easily from the shell: pleasant in taste.

Vse. Quench thirst: whet the stomack: the kernel kils wormes.

Hurt. Inflate the stomacke: soone corrupt: pollute the blood with much water, and make it soone putrifie.

Correction. Eate after them Anyse-seedes, meates well salted or spiced, and old cheese: drinke old wine of good sauour vpon them.

Degree. Cold and moist in the second.

Season, Age. Constitution. About the end of May, or beginning of June, for youth, such as abound with choller or blood, and haue strong stomacks.

Mala

## *Mala Armeniaca.*

*Story for Table-talke.*

SO cald in Latine of *Armenia*: whence they were first transplanted; in Greeke *Bericoccia*, in Latine *Præcocia*, or *Præmatura*. *Id est*. Soone ripe, or first-ripe: for they offer themselues about the end of the spring. Hence we call a ripe-headed young boy, a princock. *Horace* saith, *Non amo puerum præcocis ingenii. Id est*. I loue no *Aprecocks*. And so on the contrary, a Cocknı is inuerted, being as much as *Incoct*, vnripe. Other deriue *Apricock* of *Apricum*, because it ripeneth best in *Aprico*.

Now as Aprecocks be soone ripe, so (according to the old rule) soone rotten. And though *Galen* saith, Aprecocks be not so obnoxious to corruption as the Peach, yet experience giues him the lye.

## *Peaches.*

Choise. OF a good colour; fragrant smell, and pleasant taste; ripe: such as come easily frō their stone.

Vse. Mend the euill sauour of the breath arising from the stomacke: their smell is wonderous good in cordiaque passions.

Hurt. Being soft, moist, and flatulent, they engender humours very subiect to corruption: euil for old, flegmaticke and weake stomackes.

Correction. Eate them alwaies fasting, and drinke a cup of the best wine, most fragrant, and well aromatized.

Degree. Cold in the first, moist in the second.

Season.

Age. For youth, cholerikes, and sanguines.

Constitution.

*Mala*

## *Mala perſica.*

### *Story for Table-talke.*

CAld *Perſica* of *Perſia*. *Perſiques*. Therfore haue we notoriouſly impeached their name, as we do all other deriuatiues indeed. For in ſtead of *Perſiques*, we ſay Peaches. But no great matter for the name: that will neuer feed or fill our mawes. As he ſaid, *Voca panem lapidem et da mihi lapidem*.

Thoſe Peaches, whoſe meate cleaueth faſt to the ſtone, are cõmended of ſome, as alſo, ſuch as ſeeme friezed ouer with a thinne downe, like a Quince. But queſtionleſſe both theſe, are of laſt and leaſt requeſt.

## Orenges.

Choise. Waightie: full ripe: sad coloured: twixt sweete and sower.

Vse. The sweete open obstructions; are good for melancholists, and such as be subiect to distillations: the middle sort are good in Agues, and recall appetite.

Hurt. The exquisitly sweet are too hot; the sower cole, and offend the stomack: stuffe the belly: constraine the brest, and arteries.

Correctiō. Therefore eate but litle of them: after them Orenge pils condite, which are good for the stomacke.

Degree. The sower are cold in the first, moist in the second; the sweet temperately hot: the middle cold and temperately drie.

Season. The sweete are good euen for old folkes: the sower in hot weather, for youth, cholerists and sanguine.

Age.

Constitutiō.

Mala

## *Mala Aurantia.*

### *Story for Table-talke.*

THe flowers of this plant are siluer-coloured; and from them is distilled a water surpassing all other in fragrancy and sweete smell. The leaues are in colour like an Emeraud: The fruite like Golde. Whence they are called *Aurantia* of *Aurum*, gold in Latine; and in Greek *Chrysomela*, golden apples. In English properly and truly *Aurange*, but we haue both them and their name by tradition from the French. So wee both speake and write it *Orenge*.

## Limons.

Choise. Swelling like a Citron: best ripe of good colour: a day or two gathered.

Vse. The iuyce is good sauce to prouoke appetite: stayeth casting: breaketh grosse humours: resisteth pestilenticall feuers: good for the stone: nourisheth not at all.

Hurt. Excessiuely coleth the stomack: causeth colicque passions, leannesse, and melancholious humors: hurteth the aged, phlegmaticke, and cold stomacks.

Correction. Vsed moderately and seldome without the rinde: laide in water; condite with sugar.

Degree. Cold and drie in the second.

Season. Onely for hot weather,

Age. youth,

Cõstitutiõ. and chollericke.

Malum

## *Malum Limonium.*

### *Storie for Table-talke.*

THe Citron, Limon, and Orenge, growe especially on the sea-coasts of Italy: and in the Adriatique and Tyrrhene Ilandes. They were brought first out of *Media* into these parts, and thence are they called, *Mala Medica.*

They beare fruite all the yeare long, some at the same time ripe and falling off, other but now budding and sprouting forth.

All say a Limon in Wine is good: some thinke a Leman and Wine better.

## Quinces.

Choise. RIght Quinces: small: dimpled or dawked: mosie: most sweetly fragrant: best ripe.

Vse. Recreate the heart: comfort, strengthen, and close the mouth of the stomacke: stale fluxes.

Hurt. Eaten rawe, or ouergreedily afore meate, hurt the sinowes: procure to many collicke passions, but being exquisitly ripe.

Correction. Boyled verie well with honey: boyled, and then powdered with store of sugar, or a grain of muske: or made in Marmalat, and eaten in the last course.

Degree. Cold in the first, drie in the beginning of the second.

Season. In harvest, and winter, for any.

Age.

Constitution.

Malum

## *Malum Cydonium.*

*Storie for Table-talke.*

CAld in Latine *Cydonium* of *Cydone*, a Castle in *Crete*. Also *Cotoneum*, because clad in a sute of white thin Cotten. As for our English name, I finde as litle sauour in it, as in an vnripe raw Quince. In *Galens* time, Quince was broght out of *Syria* to *Rome*.

*Simeon Sethi*, counselleth women with child to eat many quinces, if they desire to haue wise children.

*Pome-*

## Pomegranats.

Choise. Sweéete: ripe: big: with great kernels: whose rinde comes easily off: the sharpe full of iuyce.

Vse. The sweéete, excite Venus: good for the stomacke, breast, cough; the sharpe, for hot liuers and agues.

Hurt. The sweét breed wind and heat, naught in feuers: the sharp offend the teeth and gummes; constraine the breast; naught for old folkes.

Correction. Eate the kernelles of both together.

Degree. The sweéte are temperatly hot and moyst: the sower colde, and somewhat binding.

Season. The sweét in winter, for all: the sharpe in summer for youth, and cholerists.

Age.

Constitution.

Malum

*Malum punicũ ſe granatũ.*

*Storie for Table-talke.*

CAlled *Punicũ*, becauſe brought out of *Affricke*, from *Carthage*. It may now be called *Malũ Tunicũ*, for that which was *Carthage*, is now *Tunis*. *Granatum*, or Pomegranate, of his multitude of grains or kernels, not of *Granata* or *Granado* in *Spaine*, as ſome fondly conceit it: but rather *Malum Granatum* was god-father to the realme of *Grandy*: for they beare a Pomegranat in their Eſchutcheon.

If one eate three ſmall Pomegranate flowers, (they ſay) for an whole yeare he ſhall be ſafe from all maner of eye-ſore.

*Citron.*

## *Citron.*

Choise. FUll ripe, a great faire one, th
grew in an hot Country: lon
time gathered.

Vse. Best preserueth against poyso
the rinde mendes concoction, a
commends the breath.

Hurt. Slowe of concoction: annoyet
hot braines: eaten at night, cause
dizinesse.

Correction. Condite with sugar, and eate
not afore meate, or with meate, b
alone, and fragrant violets, or ne
Saccarum Rosatum, presently a
ter.

Degree. The rinde and seed are hote an
dry in the second, the pulpe or mea
cold and moyst: the iuice is col
and drie in the third.

Season. Condite with sugar, for all, at a
Age. times: raw, for none, at no time.
Constitu-
tion.

*Malu*

## *Malum Citrium.*

*Story for Table-talke.*

THe bigger Citrons, though they be fairer to see too, yet those that growe in *Italy* about the Laque *Benacus*, surpasse in taste.

The decoction of Citron, held in the mouth, commendeth the breath.

The rind laid amongst cloaths, keepeth them from moth-eating, and smell on, preserueth in time of pestilence, or corrupt aire.

The Citron is the Embleme of Loue, & Loues delightfull paines, or painefull delightes. A bitter sweete, an Oxymel or Glycypicron.

*Citrull*

## Citrull Cucumbers

Choise. LOng: thicke: best ripe: yellow, like a ripe Orenge.

Vse. Exceedingly coleth an hote stomacke: quencheth thirst: appeaseth choller.

Hurt. Is hard of digestion: engendreth fleame & clammy humours, wyth some after prone virulent, but in stomacke hote above measure: poison to a cold stomacke.

Correction. Eate it with Onions, Oraggon woort, Mint, Rewe, Pepper, and such other very hot thyngs.

Degree. Colde in the ende of the second moist in the end of the third.

Season. Age. Constitution. Bad nourishment, for any season, age, or constitution.

Cucumis.

## *Cucumis citrulus.*

*Stories for Table talke.*

THe best vse of Citrull Cucumber is this. Pare off the rinde, and cut the Cucumber into thin broad slices, & lay them in water. Then apply them to the tongue of one sicke of a burning ague: it shall do him great ease. If you seeth them first with sugar, all the better, for by this means they quench his thirst, mitigate the scalding heate of the stomach, and in place of sirrope or drinke, continually instill a very grateful liquor, with which the tongue, palate, throate, and drie soule of the patient, is wondrously suppled and refreshed.

Medlars.

Choise. Great: full and plumpe: with litle kernels: rightly ripened & mellowed.

Vse. Good against vomitinge, fluxes, casting, pleasing to the stomach, especially to women with child.

Hurt. Slowly digested: hinder the digestion of other meates: but much displeasing the stomache.

Correction. Eate penidies, saccharum tabarsum, Sugar Candie, Oile, &c. such other spices as after them.

Degree. Cold and dry in the first.

Season.

Age. For winter, youth, cholerists,

Constitution. and strong stomaches.

Medlars with which the tongue, pa-
late, throate, and die loule of the
patient, is wondrously lupplied
and refreshed.

## Mespila.

*Serue for Table-talke.*

*Meddle not with Medlers.*

THis Fruite ripeneth verie slowly: the flowers & leaues are of a binding nature.

Such hurt as commeth by eating Medlars, the like also ensueth by dealing and medling with medlers or common smatterers: they ate hard and dry meat, hardly digested: not soone brought to any reasonable order: besides, they hinder, disturbe, and interrupt the course, and orderly proceeding of other mens matters; and if you deale much with them, they wil extremely irck, & loath you.

## *Seruices.*

Choise. Plump: best ripe: not corrupt: hung vp, or kept a while in straw.

Vse. Taken afore meate, stay fluxes and immoderate casting: taken after meate, strengthen the stomack, mend the breath.

Hurt. Much hinder concoction: immoderatly vsed, burthen the stomach: vsed little, cold, grosse, and melancholious iuyce.

Correction. Eaten after meate, moderately, and after them, an horny-combe.

Degree. Cold in the first, drie in the second, verie astringent.

Season. In Autumne and Winter, for
Age. youth, and hot constitutions.
Constitutiõ.

*Sorba.*

## Sorba.

*Storie for Table-talke.*

THe Sorbice and Medlar, are much alike in nature, taste, and operation.

*Plinie, li. 15. cap. 21.* noteth foure differences of them, arising from their forme and fashion. None of them all fructifie, vntill they be three yeares old.

*Cato* willeth vs to condite them in the decoction of new Wine.

A Lotion of their decoction, straineth the matrice.

*Galen* vtterly forbidden them as meate, commendes them for good astringent phisicke.

## *Hasil Nuts.*

Choise. GReat ones, little couered with their huske: ful of iuyce: not worme eaten: nor any way contaminate.

Vse. Nourish more then Walnuts: encrease braine: sodden with hony, cure an olde cough: tosted and eaten with pepper, ripen the distillations of reume.

Hurt. Annoy the stomacke: hard of concoction: windie: engender much choller: cause headach, if much eaten.

Correction. Eate them new, macerated a while in water: moderately, and after them, meates condite with sugar.

Degree. The greene or new, are temperate in the first qualitie: the old or drie, are hot and drie in the ende of the first.

Season. In winter for yong, strong, and laborious persons.

Age.

Constitution.

*Avellana.*

## *Auellanæ.*

*Story for Table-talke.*

AVellanæ of *Auellana*, a towne in *Campania*; or else *à Vellendo*, because any may haue them for the plucking or gathering. The Greekes call them *Pontica*, for that (as saith *Pliny*) they were first brought out of *Pontus*.

Nut in English, of *Nux* the Latine: and *Nux à Nocendo*, because it annoyeth all other plantes or hearbes that are subiect and obnoxious to his leaues-dropping.

All hard or shell fruite, are called *Nuces*: all soft or pulp-fruite, *Poma*.

## *Melons, commonly called Pompions.*

Choise. OF most exquisit sauour: pleasant to the palate: new: ripe.

Vse. Moueth thirst: cause appetite: cole sensibly: cleanse the bodie: prouoke vrine: daily vse of them, preserueth from the stone in the bladder and reines.

Hurt. Breede winde and belly-ache; naught for collick, splenticke, aged, phlegmaticke, melancholicke.

Correction. Eaten with old Cheese, salt or tart meates, and a cup of vail in time.

Degree. Cold in the beginning of the second, moist in the third.

Season.

Age. For yong and hot bloods.

Constitution.

*Melones*

## *Melones seu Melopepones.*

*Story for Table-talke.*

ANguria, which *Galen* calleth *Melopepon*, of *Melon* and *Pepon*: because it is not distinguished with stemmes, as the single Melon or Pumpion is; but round and smooth like an Apple. Also its eaten together with the inwards of it, which the Pumpion is not: yet retaineth it the smell and savour of the Pumpion.

This fruite is the greatest or biggest of all Hearbes or Trees. That it hath a scouring and clensing properly, its evident in that if you rub any part of the body with it, it becommeth much the brighter and cleaner.

## Walnuts.

Choise. BIg: long: ripe: easily shaled: especially new, not rotten.

Vse. Repaire decaied heeth: eaten with Figges and rewe, saue from mortall venims, and kill woormes in the belly.

Hurt. Immoderately vsed, hurt the throate, pallate, and tongue, stuffe the breast; cause the cough and headach, especially if they be dry.

Correctiō. Eate them new, steeped in wine, and then pilled: a small quantitie, and with a litle garlicke: old, with raysons, or after fish, in stead of cheese.

Degree. The dried are hot in the third, dry in the beginning of the second: the greene are exceeding moist, and partake litle heate.

Season. Age. Constitution. In winter for phlegmatick, melancolicque, & old, not straight brested.

Nuces

## *Nuces Iuglandes.*

### *Story for Table-talke.*

IVglandes, *quasi Iouis glandes. Ioues Acornes:* For when our grand-forefathers had a long time liued with *Acornes*, at last finding Nuts, they called them *Ioues Acornes*, for their excellēcie: Therein apppeared their thankfull hearts for any benifit receiued at Gods hands, by acknowledging God the author and bestower of it. Contrary to the base humour of many muck-borne Scarab-flyes, and earth-rooting hogges of this age; who are content to eate of *Ioues Acornes*, but like swine as they are, neuer lift vp their eyes to the tree whence they fall.

*Pine*

## *Pine-Nuts or pine Apples.*

Choise. OF Orchard pines; small: of best sauour, very new.

Vse. Nourish much: fat; cleanse the brest, lights, reynes, and bladder sodden with honey, prouoke vrine, restore the weake, consume all corrupt humours: good for the short winded, and paraliticke.

Hurt. Concoct somewhat slowly: make but grosse iuyce: much eaten, grieue the stomack and belly.

Correction. Macerated hot the space of an houre, giue them with sugar to old and phlegmaticke, with honey to youth and cholericke.

Degree: Hot in the beginning of the second: moist in the first.

Season, Age, Constitutiõ. In cold weather, for the foxelaid, as aforelaid.

*Pine-*

## *Pineæ.*

### *Story for Table-talke*

IF the tops of the pinetree be once lopped off, it neuer bears fruite, nor prospereth after. Whéce it was that *Cræsus* threatned the Citizens of *Lampsacum*, that he would destroy them like a Pine-tree: meaning he would cut off all their heads, or else slay all their heads, *Id est*, their gouernors & magistrates, which done, the citie like a lopped Pine should pine away and come to nought. Pine Nuts much augment seed, especially if three or foure drops of their oile be put into a soft egge and so sooped off.

*Pistake*

## *Piſtake Nuts.*

Choiſe. GReat: ſmelling like Turpentine: of old trées: of a ſadde gréene colour: moſt new.

Vſe. Purge the breſt: ſtrengthen the reynes and ſtomacke: open obſtructions of the liuer: ſtay diſpoſition to vomit: heale the biting of ſerpents: prouoke Venus woonderfully.

Hurt. Though they fat, yet nouriſhe ſle: vnholſome for boyes, and hot conſtitutions: for they extenuate, inflame the blood, and bring diſeaſe.

Correction. Eate them immediatly afore meate, with Orenges, or Sacchrum Roſatum.

Degree. Hot and dry in the ſecond order of the ſecond degrée.

Season. In cold weather, for flegmatiſts.

Age.

Conſtitution.

## Pistacia.

### Story for Table-talke.

Matthiolus holdeth this plant to be a kind of Terebinth, or Turpentine: It groweth in Egypt & Syria. Thence brought to Venice: a few yeares since they have fructified in Sicily. The Husbandmen say, it growes of an Almond-tree-Imp, inserted to a Mastick stock.

Lucius Vitellius Censor, first brought Pistakes into Italy, in the beginning of Tiberius Cæsars raigne, when he was Embassadour into Syria.

Dioscor.

## Dates.

Choise. Sweete: ripe within: sound and uncorrupt.

Vse. Make fat: good for the liuer: cure the cough: loose the belly.

Hurt. Hurt the teeth and mouth: cause gripings in the stomacke, and scalles to breake out: grieue the bottome of the belly: plague the head with ache: obstruct the liuer, splene and reynes.

Correction. Eaten sodden or rosted with sugar: or drunke with sawce and tart meates after them.

Degree. Hot in the second, moist in the first.

Season. Age. Constitution. For no season, age, or constitution, but well sugard.

Dactyl.

## Dactyli.

*Story for Table-talke.*

PAlme or Date-trees are most rife in *Aegypt* and *Iudea*. In *Italy* the fruite neuer ripeneth throughly: in the coasts of *Spaine* they are sower and vnsauoury. There are 49. sundry kindes of Palme-trees numbred and noted by writers, so different that they may scarce seeme to be all Palmes. This tree is of a most aspiring nature; it will beare no coales: It resisteth all burden, bearing it vpward with his armes & boughs: Therefore is it an Hieroglyphick or Embleme of victory and conquest.

## Almonds.

Choise. Sweet: new: not corrupt by vnseasonable weather: that grew in an hot soile.

Vse. Yeelo store of nourishment: fat: helpe the sight: encrease seed, and braine: fetch vp fleame: purge the breast: cause sleepe: open obstructions of the liuer.

Hurt. Ouer-dry, they are hard of concoction, stick long in the stomache: cause headach.

Correction. Holsome, being tender and full of milke, blaunched; with a good deale of sugar.

Degree. The sweete are temperately hot and moist almost in the first: the bitter are drie in the second.

Season. Age. Constitutiõns. For all seasons, ages, constitutions.

Amygdala

## *Amygdala.*

### *Story for Table-talke.*

*Amygdala* the Greeke name, signifieth as much as the long Nut: some call it *Nucica.*

It prospereth best in hot countries, and therfore better in *Apulia* and *Sicily*, then in *Italy*, *Spaine* or *Fraunce.*

The tree and fruite both much resemble the Peach: yet somewhat bigger.

*Phillis* was turned into an Almond-tree, for telling tales out of schoole: euer sithence, it hath bene a by-word: an Almond for the Parrat: which least it be applied to me, I will leaue my prating.

## Cheſtnuts.

Choiſe. BIgge: which by being kept are growne more toothſome, and leſſe vnholſome.

Vſe. Being flatulent incite Venus: yéeld ſtrong and very good nourishment, ſtop flores taken with ſugar, abate choller, with honey fleame, wrought with honey and ſugar, cure the biting of mad dogs.

Hurt. Eaten much cauſe headach and winde: binde: and raine are hard of digeſtion.

Correction. Roaſt or roaſt them, then eate them moderately with a good deale of ſugar.

Degree. Hot in the beginning of the ſecond, drie in the ſecond.

Season. In cold weather, for any.

Age.

Conſtitution.

Caſtanea.

## Castaneæ.

*Story for Table-talke.*

*Castanea quasi casta nux.* Chestnut, Chastnut: say some. I knowe not vpon what ground. I am sure not by a metonimie of the cause. For being flatulent, it prouokes lust: yea further, this nut in his huske much resembleth *Testes*, the instrumẽts of lust. So that some deuide this Nut not as other Nuts. In *Nucẽ et nucleum*. But *In Testam et Testes*. The enucleating of it, they call castrating or gelding. So then by this reason, it is not *Casta nux*, till it be *Nux castrata. Id est. Testa sine testibus*, I'le bee his witnesse, he is chaste with a witnesse.

## *Oliues:*

Choise. GRéene: best condite: such
grew in sun-shine: gr
ones: as are at Bonon
which being naught to make o
of, are condite, becomming m
sauoury and toothsome.

Vse. Cleanse the stomacke of fleam
prouoke appetite: stay casting.

Hurt. Cause watchfulnesse and he
ach: or much eaten, stuffe the he
especially the salted.

Correction. Eate them well condite, i
vinegar, at the second course, i
other meats.

Degree. The salt are hot in the seco
Season. the rest temperate, somewhat
Age. stringent and strengthening.
Constitu-tion. In cold weather, for any.

*Oli*

## Oliuæ.

*Storie for Table-talke.*

*Olea* is the tree. *Oliua* the fruite: *Oleum* the iuyce or oyle. The Oliue was an Embleme of peace, euer since the Doue brought an Oliue leafe in her mouth into *Noahs* Arke.

The Spaniſh Oliues are bigger then the Italian. Yet the Italians, eſpecially they of *Bonony*, condite them far better then the Spaniards. Beſides that, the Spaniſh haue an od vnſauory ſmell, and looke yellow, vnpleaſant to the eye.

Waſh the mouth with their pickle; it cloſeth the gums, and faſtneth the looſe teeth.

## Cappars.

Choise. COndite in vinegar, which are not so hot as the salted.

Vse. Very good for the short winded, and splenaticke: prouoke Venus, and monthly flure: cure the *Hæmorhoids*: kill wormes: passing good for a moist and phlegmaticke stomacke.

Hurt. Cause thirst, especially the salted, which also inflame the entralls.

Correction. Vse the salted rather for phisicke then meate, rinse them well in water first: the condite in Vinigar are to be eaten afore other meats like sallets, with oyle, raisons of the sun, or Oppymell.

Degree. The salted are hot in the second, dry in the third: the other hot in the first, dry in the second.

Season. Age. Cõstitutiõ. For cold season, age, constitutiõ.

Cappares.

## Cappares.

*Storie for Table-talke.*

THe plant it ſelfe is a prickly ſhrub, the braunches falling to the grounde, ſomewhat like a Bramble or Briar.

Cappars are (to ſay the truth) rather ſauce or medicine, then nouriſhment or meate, eſpecially the ſalted: or if they yeelde any nouriſhment, it is paſſing little, not paſſing good.

The beſt Cappars are thought to be brought from *Geneua*. Cappars in dyet, and Capers in daunting, ſerue both for reliſh.

## Gourde.

Choise. NEw: tender: gréene: light: sweéte.

Vse. Helpeth the chollericke, by quenching thirst: sodden with verjuyce, coleth the liuer.

Hurt. Hurteth the cold & flegmaticke: bréedes winde, and wheyish humors: weakeneth the stomacke: yéelds bad iuyce.

Correction. Eate it with pepper, mustard, vineger, or hot hearbes, as onions, and parsley.

Degree. Cold and moyst in the second.

Season. For hot weather, youth, and hot

Age. temperatures.

Constitutiõ.

Cucurbita

## Cucurbita.

### *Storie for Table-talke.*

THe Poet (as his chiefe pride resteth in hitting the nayle on the head with a quainte Epithite) called the Onion, *Sapientissima cepa.* That is, most wise. The Gourd, *Voracissima Cucurbita:* that is, most ravenous. His reason was, the Onion is all head, and the Gourd all belly. The Radish hearing this, steppeth in, and tels the Poet he was deceiued.

For (saith he) the Onion wanteth wit, and the Gourd wanteth teeth.

*Pease.*

## Peaſe

Choiſe. Grene: new: tender: not corrupt.

Vſe. Pleaſe the taſte: mundifie the breſt: cure the cough: yeeld ſingular good nourishment.

Hurt. Hurt euil teeth, and whom ſoeuer winde annoyeth.

Preparation. Dreſſe them well with ſalt, oile, pepper, and the iuyce of ſower hearbes. Oyle of Almonds is good condiment for them.

Degree. Colde in the firſt, temperately moiſt.

Seaſon. Age. Conſtitution. For hot ſeaſons, youth, choleriks.

# Pisa.

## Storie for Table-talke.

PEase are either wilde or tame. The wilde do differ in kinde; but one kind of them is called euerlasting pease, because their roote neuer dieth: but being once sowne or planted, so continueth for euer, yeelding fruite in due season.

Pease are much of the nature and operation of Beanes, but lesse windie, as saith *Hippocrates*: And our common prouerb accordeth, speaking somewhat homely: Euery pease wil haue a fease: but euerie beane, fifteene.

*Beanes.*

## Beanes.

Choise. GReat: pure: bright: without spots: not worme-eaten: yong and tender.

Vse. Cause sleepe: restraine the Pi-gram, fat the bodie.

Hurt. Breed much winde: dull the sen-ses: cause terrible dreames.

Prepara-tion. Pulse them with salt and Wa-ter warm: and seeth them asunder.

Degree. Cold in the first, drie in the se-cond.

Season. Best in cold weather, for grosse and homely feeders.

Age.

Constitu-tion.

Fabe.

## *Fabæ.*

### *Storie for Table-talke.*

TOng-tying *Pytagor*, biddeth vs tie vp our chaps also from eating of Beanes. *A Fabis abstineto.* Wherein *Iudicious Antiquaries* say, there is much mysterie, and therefore diuersly interpret it. *Simeon* in his Dyet Booke saith *Pythagor*, forbad them, for that they cause turbulent & fearfull dreames. Other referre it to their flatulencie, whereby they prouoke to lechery. Other expound it mystically, & not according to the grammaticke sense: therein shewing much reading, if not wit. But to gather togither their gatherings, were to send my wit a wooll-gathering, and indeed to contend *de lana caprina.*

*Rize.*

## Rize.

Choise. Bright and cleare kernels, like Pearles Margarite: such as swell in seething.

Vse. Wonderfully asswage the burning heate of the stomacke: encreaseth seed: stops flures.

Hurt. Bad for the Collicke: for being of a clammy and glewish nature, it sticketh too long in the guts: and breeds some winde.

Preparation. Seeth it in Cowes milke, or in the creame or oyle of sweete Almonds.

Degree. Hot in the first, dry in the second temperatly saith Auicen and Rhasis.

Season. Age. Constitution. In winter, for youth and labourers.

Oriza.

## *Oriza.*

### *Storie for Table-talke.*

RIze is sowne in a moyst and lowe ground.

Frumentie made of Barley, is moister then Rice, & yeeldeth singular good nourishment to the bodie, verie holesome for the sicke. You may much meliorate your Rice, both for nourishment & toothsomenesse, by seething it in fat flesh-broath, or in passing good Cowes morning milke. Sodden with Oyle or Butter, it relinquisheth his astringent qualitie.

## The Painters Prouerbe.

### Manum de Tabula.

THat is, (*as preſent occaſion interpreteth*) *no more Table-talke. The reaſon hereof* (*as I geſſe*) *may be theſe.*

*Firſt and principally, except I ſpeake wiſelyer.*

*Secondly, the conſequent is like to proue barren, for* Certs *fruitles; for all the fruite is antecedent.*

*Thirdly and laſtly, it's Dinner-time, ſo that if more time be ſpent in prating, my Dry Dinner will not be ready in due time.* Quod omnium rerum eſt primum.

*Theſe reaſons would binde any man, any reaſonable man to the peace. Yet for all this, preſuming vpon your fauourable eſtimates, who are wiſe,* Et noſtis os adoleſcentiæ quàm

## The Painters Prouerbe.

quàm sit impudens, *I am purposed to proceed in my perpetuall paralell of paraphrase. The which I desire, it may be serued in amongst the rest of the dishes, and be tasted also, but yet of such onely as are of eager appetite. If any be desirous to know what a mā may call it, surely I can thinke of no fitter name then an hasty pudding. For I protest, in so great haste I composed it, that when a friend of mine came into my chamber, and suddenly surprising me, asked what I was making, I as not minding what he ask't, or what I answerd, tolde him in my haste, that I made haste.*

## Sage.

Choise. Garden, or set, the lesser sort: the litle leaues of it.

Vse. Good against the paulsie and quiuering of the ioynts, proceeding of a cold cause: cōforteth the head, braine, senses, and memorie.

Hurt. Annoyeth melancholicke persons by ouer-drying them: also the hot and chollericke, by ouer-heating and burning them.

Correction. Eate it in sallets with other cold and moist hearbes: as Lettuse: or with moist meates.

Degree. Hot and drie in the beginning of the third, or in the verie end of the second: somewhat astringent.

Season. Age. Constitution. In winter and the spring, for old, cold, and phlegmaticke.

*Saluia.*

## Saluia.

### Storie for Table-talke.

MAny do much extoll Sage, calling it an holy Hearbe, auerring that it preuenteth all abortument in women. They counsell a woman the fourth day of her going abroad after childe-birth, to drinke nine ounces of Sage iuyce with a little salt, and forthwith to vse the company of her husband.

The holesomenesse of Sage-ale is notoriously famous.

*Heywoods* merry wit noted two kindes of Sage, not named in our Herbals: Sage wise: Sage foole.

## Fœnill or Finckle.

Choise. Garden: young (if you eate it græne): full ripe (if you kæp it) sodden with the rootes and tender stalkes.

Vse. Doth make store of milke: prouoke vrine and monthly flux, open obstructions, purge ỹ reines wonderously, helpe the sight.

Hurt. Attenuate and inflame the blud, neither sodden nor rawe, is easie a digestion, especially eaten much.

Correction. A litle: yong: laied a while in cold water.

Degree. Hot in the second (many say in the third) dry in the first: very opening.

Season. For any time,

Age. age, or

Constitution. constitution, least for youth and chollerists.

Fœni-

## *Fœniculus.*

### *Story for Table-talke.*

SNakes & Serpents by eating of Fœnill renew their age, and repaire their decaied sight by rubbing their eyes with it. Wherfore it is vsed of vs to the like purposes. There is a bad propertie in the seede, to breede poysonous wormes, whose poyson is curable by no Antidot. Therefore afore they be eaten, they must be opened and carefully purged.

## Sparage.

Choise. HOme: lately sowne: the top now bowing to the ground ward.

Vse. Doth open obstructions of the reines and liuer: make soluble: prouoke vrine and Venus.

Hurt. Eaten cold, disposeth to vomit; and through his bitternesse, greatly increaseth choller in collericke stomackes.

Correction. Is boyled, and (the first decoction cast out) condite with Oyle, Vineger, Pepper, and salt.

Degree. Hotte in the first: temperately moist.

Season. For any age, or temperature:

Age. chiefly for old and cold.

Constitution.

*Asparagi.*

## *Asparagi.*

### *Story for Table-talke.*

*Dioscorides* saith, that Sparage causeth barrennesse: but it is not probable, sithence it nourisheth very much, and manifestly prouoketh Venus.

It is very soone sodden: and therefore *Cæsar* speaking of any thing, that was soone done, had this prouerbe vsually in his mouth. *Citiùs quàm Asparagi coquantur; Id est*; Sooner then Sparage can be sodden. As much in effect, as, while you cã say, what's this? in the turne of an hand: in the twinckling of an eye.

## Spinache.

Choise. VEry yong: growing in a wel manured and fat soyle, watred from aboue.

Vse. Doth enlarge the brest: cure the cough: moderately cole the lungs: make the belly soluble, & the weasand smoth.

Hurt. Is verie windie: annoyeth the stomacke: engenders watry humours in a cold stomacke.

Correction. Fried with it owne iuyce, without water: then condite with Dile, Sorrel-iuyce, and Raysons of the sun.

Degree: Cold and moyst in the first.

Season. For any age or constitution: e-

Age. specially youth and cholleriks.

Constitutio.

Spinachia

## *Spinachia.*

### *Storie for Table-talke.*

SOme will needes haue this hearbe, a bred & natiue Spaniard: and therefore miscall it, *Spagnaci*. But they much abuse it, for the Arabians called it *Sphinache*: the reason of the name is obuious: because the seed thereof is *Spinosum*. That is, prickly. The iuyce of Spinache drunke, cureth any wound receiued of a Scorpion. Therefore it is of much request in *Italy*.

*Arti-*

## Artichokes.

Choise. Thistle or prickly Artichokes, cõming of Artichoke: tender.

Vse. Please the taste: prouoke vrin and Venus: remoue flatiue humours: open obstructions: heate the entralls.

Hurt. The Thistle is somewhat flatulent; annoyeth the head: burdeneth the stomacke; Artichoke is not so hurtfull.

Correction. The Thistle sodden, or raw, is eaten in the last course, with salt and pepper: Artichokes are boyled in Pottage, and eaten as the Thistle.

Degree. Hot in the second, dry in the first.

Season. Age. Cõstitutiõ. The sodden are preferred afore the raw: for cold season, age, constitution.

Cardui

## *Cardui seu Cinarae.*

*Story for Table-talke.*

THe Thistle or prickly Artichoke, differeth from the plaine or common Artichoke, onely by certaine prickles vpon the stalke. The Italian most esteemeth of the Thistle.
In former times they were to be had no where but in *Sicily*; now euery where.

*Theophrastus* calleth them *Pinei*, because they somewhat resemble Pine-apples, consisting of many skales, cõpacted Globewise.

*Lettuse.*

## *Lettuse.*

Choise. THick, commonly called Cabbage Lettuse: growing in a fat soyle: afore it swell with milke: not washt in water.

Vse. Easie of digestion: the best of pot-hearbes, increaseth milke: procureth sleape: staies the running of the reines: allwageth heate in the stomacke, especially eaten with vineger.

Hurt. Dimmeth the sight: quencheth naturall heate; corrupteth the seed: causeth barrennesse: mortifieth venus: makes the bodie sluggish: weakeneth the stomacke.

Correction. Eaten with Mint, Rewe, and other hot hearbes: sodden, rather then rawe: unwasht; good Wine drunke upon it.

Degree. Cold and moyst in the second.

Season. In hot weather, for youth, veris
Age. choller ycke, and hot stomackes.
Constitutiõ.

*Lactuca.*

## *Lactuca.*

*Storie for Table-talke.*

*Galen* commendeth Lettuſe thus: in a yong man, it abateth the burning heat of his ſtomack: vnto an old man it cauſeth ſleepe. In olde time they ate Lettuſe after ſupper, to repreſſe vapors ariſing from the ſtomack to the braine, and to diſpoſe themſelues to ſleepe. For they vſed to dine very ſparingly, but ſupped largely.

*Ariſtoxenes Cyrænæus*, watred his Lettuſes with Mead, to make them bigger and ſweeter.

*Lactuca a lacte quaſi Lactoca*, becauſe it breeds milk in women, ſaith *Martiall*.

*Endiui.*

## Endiue.

Choise. GArden: tender: not yet milky: sauouring most sweetly.

Vse. Allwageth inflammation and thirst: prouokes vrine & appetite; especially in hot weather.

Hurt. Bad for the Palsie; quiuering of the ioynts, and cold stomachs somewhat slowеth concoction.

Correction. Eaten with Pip, the stalke. Mint, Rew, and such hot hearbs.

Degree. Cold in the beginning of the second; moist in the end of the first.

Season. In hot weather for youth, cholericke, sanguine, and very hot stomacks.

Age.

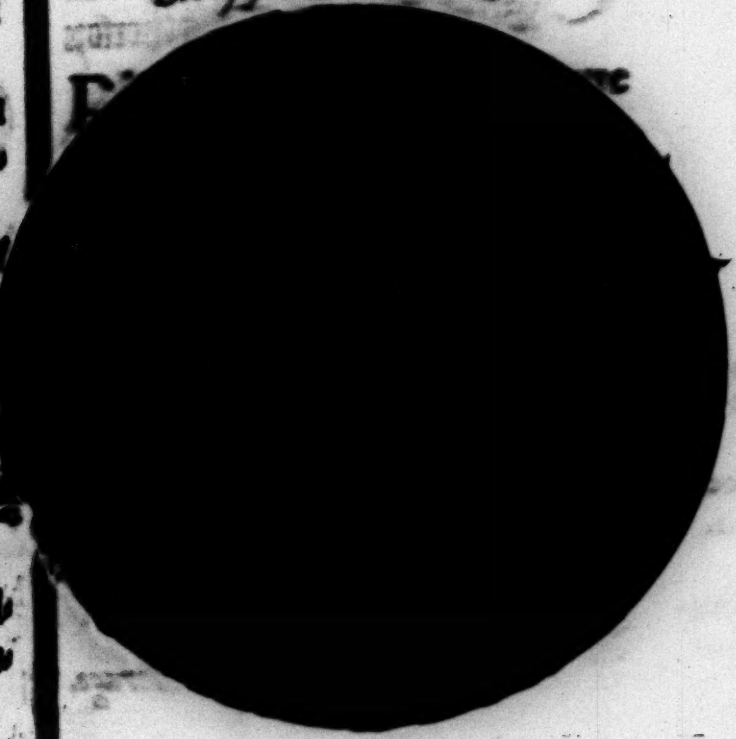
Constitution.

*Intubus.*

Dyets dry Dinner. Heads.

Intubus.

Story for Table-talke.



## Endiue.

Choise. Garden: tender: not yet milky: sauouring most sweetly.

Vse. Allwageth inflammation and thirst: prouokes vrine & appetite; especially in hot weather.

Hurt. Bad for the Palsie, quiuering of the ioynts, and cold stomacks: somewhat slowеth concoction.

Correction. Eaten with Nip, the stalkes of Mint, Rew, and such hot hearbs.

Degree. Cold in the beginning of the second: moist in the end of the first.

Season. In hot weather for youth, cholericke, sanguine, and very hot stomacks.

Age.

Constitution.

*Intubus.*

## Intubus.

### Story for Table-talke.

ENdiue is much of the nature and operation of Lettuse.

The wilde Endiue is not so cold or moist as the Garden or homegrowing, and hath a more sharpe and vigorous taste.

The wilde Endiue is curled and crisped somewhat like to Cabbage Lettuse, but much bigger.

## Borage.

Choise. COmmonly vsed, is that veris Bugloſſe of old. This therfore taken with the leaues.

Vſe. Wonderfully cleanſeth the blud: recreateth & exhilerateth the heart and ſpirits, eſpecially put in wine: ſtrengtheneth all the entrals: very good for ſuch as are in recouery.

Hurt. Somewhat hard of digeſtion: greatly annoyeth ſore mouthes.

Correcti-on. Seeth it in very good fleſh broath.

Degree. Cold and moiſt in the firſt.

Season. Age. Conſtitu-tion. For any ſeason, age, or temperature.

## *Borago.*

*Story for Table-talke.*

A *Pulcius* writeth, that they of *Lucania* calleth this Bugloſſe Corage, becauſe it hath an apparant ſympathy and notable affinitie with the affects of the heart. Whence in tract of time the name is depraued: and B, put for C. Surely it is a moſt excellent hearbe, and of ſpeciall vſe. It hath this peculier vertue, that laied in Wine it ſtrengthneth and cheareth the heart, putting merry conceits into the minde.

## Saccory.

Choise. With blew flowers: following the sonne: therefore called Heliotropium: tender: the tops of it.

Vse. Very much helpes an inflamed stomacke; without all meanes openeth the obstructions of the liver.

Hurt. Hurteth a weake and cold stomacke: makes litle and bad nourishment.

Correction. Eaten boiled, in sallets, with oile and vinegar: or raw, with salt and such hot herbs.

Degree. Cold in the first; dry in the second.

Season.

Age. Constitution. Conuenient alwaies, (best in sommer) for youth and hot constitutions.

*Cichorium.*

## *Cichorium.*

*Story for Table-talke.*

IT hath beene, and yet is, a thing which superstition hath beleeued; that the body annoynted with the iuyce of *Cichory*, is very maileable to obtaine the fauour of great persons: howsoeuer, it is of a most opening nature, and maketh way or free passage in the body by taking away al obstructions and opilations.

The leaues of Succory bruised, are very good against inflamation of the eyes, being outwardly applied.

## Hoppe.

Choise. The first buds, or yong braunches shooting from the roote, not yet least, of a tender and slender stalke.

Vse. Not only engenders singular good humours, but also reduceth them into an equall and due temper: strengtheneth all the entrals: makes pure and refined blood.

Hurt. Somewhat flatulent: stuffeth the head.

Correction. Boyled and eaten with Vineger and Oyle.

Degree. Temperately hot, moist in the first.

Season. For any season, age, constitution.
Age.
Constitution.

*Lupulus.*

## *Lupulus.*

*Storie for Table-talke.*

OVr forefathers knewe not Hoppe: howbeit it is a moſt excellent hearbe, & exceedeth all other for good iuyce: for cleanſing the blood, and ſcouring all the entrals. Beſides the neceſſitie hereof in brewing of Beere, is ſufficiently knowne to *Germany* and *England*, and all theſe Northerne parts of the worlde: yet I know not how it happened (as he merrily ſaith) that herbe & beere came hopping into England both in a yeere.

## Mint.

Choise. Small : garden-spear-mint : the tops onely.

Vse. Very exceedingly comforteth the stomacke : especially cold and weake : consumeth fleame, and prouoketh appetite.

Hurt. Annoyeth an hot stomacke, or liuer; for it in a manner scalded and burneth the blood.

Correctiō. Eate it sparingly, with cold Herbs.

Degree. Hot and dry in the end of the second, or beginning of the third.

Season.

Age.

Constitution. In cold weather, for old men, flegmaticke, and melancholicke.

Mentha.

## *Mentha.*

### *Story for Table-talke*

THe Poets faigne, that *Mentha Proserpines* Nymph, was metamorphosed into this hearbe, being taken at her lechery with *Pluto* the black Prince.

The Græcians liked the sauour of it so well, that they called it *Hedyosmus*, that is, sweete-smell. Perhaps their mint was of better sauour then ours, for we haue many other hearbes which deserue that name rather then Mint: although it sauoureth very well.

## Sorrell.

Choise. GArden: of a deepe greene colour: the leaues no whit red.

Vse. Restraineth choller: quencheth thirst: exciteth appetite: cureth flixes: is very holsome in burning and pestilentiall feuers.

Hurt. Exasperateth the stomacke: bindeth the belly: hurteth melancholists.

Correction. Eate it in Sallets with other hearbs, as Lettuse which is moist, and Mint which is hot.

Degree. Cold in the first, moist in the beginning of the second.

Season. In hot weather for youths, cholerists, and sanguines.

Age.

Constitution.

Oxalis

## *Oxalis seu Acetosa.*

### *Story for Table-talke.*

BY reason of the tart taste, it is called in Latin *Acetosa*. That is, Vineger hearbe. And in *Lombardie* they call it the sowre hearbe. It was wholly vnknowne to the Antique.

There be two sorts of it, the greater sowne in Gardens which is the better: the lesse growing in the fields hauing lesse leaues, and the stalke like a speare, the leaues very red and shining.

*Burnet.*

## Burnet.

Choise. Lowe set in gardens for sallets, with litle leaues, notcht like a Saw, and indented rounde about the Verge: the stalke red.

Vse. Doth purge the reines and bladder: verie much prouoke vrine: voyd the stone and grauell: verie good against the plague; put in wine, greatly comforts the hart.

Hurt. Hard of digestion: stuffeth the belly: and in many, inflameth the liuer and blood.

Correction. Eaten raw in sallets, with other cold hearbes.

Degree. Hot and drie in the second.

Season. Good, especially in winter, for

Age. the aged, and melancholicke.

Constitution.

*Pimpinella.*

## Pimpinella.

*Storie for Table-talke.*

IT is an Hearbe that the auncient were verie litle acquainted with. Yet the Nomenclators haue referred it vnto that sort of hearbes which are good against the stone.

The decoction of it made in portage, is a present remedie against the plague. Also the water distilled, is passing good for that purpose. It is vulgarly thought to be put in wine as a cooler: but it heateth in the second degree, and ioyneth with wine in his operation for the strengthening of the heart.

*Persly.*

## Perſley.

Choiſe. The braunches, afore either they flower or ſeed: the rootes at halfe their growth.

Vſe. Very much prouoke vrine and womens flure: cleanſeth the liuer and matrice: openeth the obſtructions of thoſe parts: is verie pleaſing to the ſtomacke: the decoction of it reſiſts poyſon.

Hurt. Is of no verie good iuyce: enflameth the blood: ſtuffeth the head: is ſlowly digeſted.

Correction. Eate it little, rawe, with colde hearbes: ſodden, in fleſh pottage: the roote boyled throughly.

Degree. Hot in the ſecond, dry in the end
Season. of the firſt.
Age. Good ſodden, for any ſeaſon, age,
Cõſtitutiõ. or conſtitution.

*Petroſelinum.*

## *Petroſelinum.*

### *Storie for Table-talke.*

THe excellency of this hearb, accordeth with the frequent vſe thereof. For there is almoſt no meate or ſauce which may not haue Perſley either in it or about it. Our Engliſh word Perſly, is a manifeſt contract of the Latin *Petroſelinum*.

The chiefeſt vertue lieth in the roote: ſecond in the ſeed: laſt and leaſt in the leaues: and yet theſe are of moſt vſe in the kitching.

*Taragon*

## Taragon or byting Dragon.

Choise. Garden: in a fat & moist soile: the tender branches & leaues not spread vpon the ground.

Vse. Chefe of hearbes for acrimony and sauourines: Cardiake: exciting appetite and Venus: comforting the stomacke.

Hurt. Attenuateth the blood, and burns the liuer: naught for hot constitutions.

Correction Eate it sparingly, with Borage flowers, or Endiue, Lettuse, and such cooling hearbes.

Degree. Hot almost in the beginning of
Season. the third: drie in the second.
Age. For cold, old, phlegmaticke.
Constitution.

Dra-

## *Dracunculus Hortenſis.*

*Story for Table-talke.*

THis is an Artificiall herbe: for it commeth of a Lineſeede put into an Onyon, or Leek, & ſo buried in the ground. Husbandmen haue a ſtronge conceit of it (and not without ſome cauſe) that it is a preſeruatiue againſt the plague, & all maner of poyſo inward or outward: experience and proofe is no detracter of the credit and eſtimation thereof.

## Radiſh.

Choiſe. TEnder: byting the tongue: moſt white.

Vſe. Helpeth vrin: voydeth gravel and ſand from the reines and bladder: heateth the ſtomacke: clarifieth the boyce.

Hurt. Cauſeth leanneſſe, belchings, headache, and lice: burnes the blood: hurteth the téeth and eyes: is ſlowly concocted.

Correction. Therefore is beſt eaten after meate.

Degree. Hot in the ſecond: dry in the firſt.

Seaſon. In colde weather, for youth, labourers, and hot ſtomackes.

Age.

Conſtitution.

*Rapha-*

## *Raphanus.*

### *Story for Table-talke.*

WE Engliſh haue greatly honour'd this roote, by calling it a Radiſh, that is, *Radix*, a roote: as if this roote were the only roote, and all other rootes no rootes in cõpariſon of this roote: or at leaſtwiſe that the Radiſh is *Radix radicum*, the roote of rootes, a roote indeede, a roote *Cath' Hexochen* (as the Rhetoricians ſpeake, a moſt excellent roote. But I feare mee, I haue ouercloy'd you with rootes, may it pleaſe you to fall to ſomewhat elſe.

## *Carot, or red Parſnip.*

Choiſe. RED: great: ſweet.

Vſe. Prouoketh vrin, Venus, and monthly flure: engenders milke: openeth obſtructions: is preferred afore the Parſnip.

Hurt. Of ſmall and bad nourishment: ſlowly digeſted: very windie.

Preparation. Boyle it thoroughly: then eate it with vineger, oyle, muſtard, and coriander.

Degree. Hot in the ſecond, moyſt in the firſt.

Seaſon. In colde weather, for all but

Age. Conſtitution. olde, and phlegmatique.

*Carota*

## *Carota seu pastinaca rubens.*

### *Storie for Table-talke.*

CArot, that is, redde roote: as some Antiquaries gesse. *Athenæus*, quoting *Diphilus*, saith the Grecians called the Carot *Philtrum*, for that it is thought to be a great furtherer of Venus her pleasure, and of loues delights: but although generally it furdereth Venus, yet it is especially to bee vnderstood of the wilde Carot.

## Onyons.

Choise. THat growe in a moyst soyle: great: full of iuyce: round, as the Flemish.

Vse. Excite Venus: increase seede, and milke: restore appetitie: preserue in change of water.

Hurt. Eaten raw, or much, cause headache: burne the blood: dull the vnderstanding: hurtes the eyes.

Correction. Lay it sliced a while in cold water; then seethe it throughly.

Degree. Hot in the third, dry in the second.

Season.

Age. For old and colde onely.

Constitution.

# Cepa.

*Story for Table-talke.*

THe word Onyon, comes of the olde Latine name *Vnio*. For so the olde Latine Rusticks tearmed that which the latter call *Cepa*. And the reason why they called it *Vnio*, was, because one herbe or branche (as it were) groweth vpon one roote. Whereto accordeth that, that *Columella* saith in his 12. Booke and 10. cha. of Husbandry: *Cepa simplex quam Vnionem Rustici vocant.*

## Garlicke.

*Storie for Table-talke.*

Choise. That comes vp about March put in sallets, or vsed dry: full of sprigs and knots.

Vse. Greene, qualifieth the colones and moystnes of sallets: dry, it resists poysons, cleares the voyce, kils wormes, prouoketh vrin, and Venus: consumes the salt rume in the stomacke.

Hurt. Hurtes the voyding facultie: braine: sight: head: very bad for women with childe, youth and hot constitutions: reuiueth old diseases: burnes the blood.

Correctiō. Boyls it throughly, then eate it with oile, vineger or other meates.

Degree. Hot in the fourth, dry in the third.

Season. In colde weather,

Age. for the aged,

Constitution. and phlegmatique.

*Allium.*

## *Allium.*

### *Story for Table-talke.*

GArlicke is of moſt ſpeciall vſe for Sea-faring men: a moſt excellent preſeruatiue againſt all infection proceeding from the naſtie ſauor of the pump or ſincke, and of tainted meates which Mariners are faine to eate for fault of better. It alſo pacifieth the diſpoſition to vomit, cauſed by the roughneſſe of the ſea, and greatly ſtrengthneth the rowers: therefore they eate it by break of day. It may be rightly termed the poore mans phiſicke.

*Scallion*

## *Scallion or litle Onyon.*

Choise. Small: like a Daffodill Roote: red: hard: sweete.

Vse. Helpeth a faint stomack, languishing through ouermuch heate: causeth appetite: furthereth concoction.

Hurt. Causeth winde, grosse humors, headache, thirst, dreames.

Correction. Prepared as the Onyon: condite with strong Vineger, Oyle, & Salt: eaten with bruised Sage & Parsly, moderately.

Degree. Hotte in the fourth, drie in the
Season. third.
Age.
Cõstitutiõ. Unholesome for hot season, age, constitution.

*Cepa*

## *Cepa Aſcalonia.*

### *Storie for Table-talke.*

A *Scalion*, is ſo called of *Aſcalon*, a Towne in *Iudæa*, where it is very plentifull, and was firſt found. Thence tranſplanted to *Greece* and *Italy*, and ſo to theſe parts.

The Latines call the Scalion, Onyon, Leeke, and Garlicke, by one common name *Bulbus*.

The Scalion infinitely furthereth Venus, as ſome ſay, that haue vſed it to that purpoſe.

*Leekes.*

## Leekes.

Choise. GArden: sowne: in a moyst soyle, or often watred; veris small and tender:

Vse. Prouoke vrine, Venus, & monthly flux: breake winde: sodden with hony, mundifie the lungs & lights: applied in a plaister, cure the Hemorhoids.

Hurt. Breed melancholious humours: annoy the head: dimme the sight: procure fearefull dreames: ouerlay the stomacke: make vlcers in the bladder.

Correction. Sodden twise: then dressed with Oyle of sweet Almonds, and eaten with Lettuse, Endiue, Purslane.

Degree. Hotte in the third, drie in the second.

Season.

Age.

Constitution. Unfit nourishment for any but rusticke swaines.

## *Porrum.*

### *Story for Table-talke.*

THe Emperour *Nero* tooke great pleasure in this roote: and therefore was nick-named *Porrophagus*: which to English, is as much as Welchman.

Garlick, Onion, and Leekes, are very holesome, but their sauour is passing loathsome and offensiue. Wherefore some haue thought of a medicament to take away the sent of them. But none like Syr *Thomas Mores*. To take away the smell of Onions, eate Leekes: and to conuince your Leekes, eate a clowe or two of Garlicke: and if then Garlicke breath be strong, choke him with a piece of a *T*. with a *u*. with an *r*. with a *d*.

*Colewort.*

## Colewort.

Choise. Only the tender buddes, and long sprowtes, cropt off the herbe; whose leaues are wide open, and not compacted.

Vse. Halfe sodden, make soluble; thorowly boyled, binde.

Hurt. Annoy melancholists: especially in sommer, when it is harder then at other times.

Preparation. Seathe them first in water, then (that decoction cast out) in fat flesh broath, with Fennel and Pepper.

Degree. Cold and drie in the first.

Season. In the prime of the spring.

Age.

Constitution.

*Brassica.*

## *Braſsica.*

### *Storie for Table-talke.*

MAiſter *Gerard*, in his newe Herbal, reckoneth 18. ſorts of Coleworts, differing either in colour or forme.

It is called by the Græcians *Amethyſtus*, becauſe it repelleth drunkenneſſe: or becauſe it reſembleth the precious ſtone called the *Amethyſt*. The Apothicaries and common Herbariſts, call it *Caulis*, becauſe it hath ſo goodly a ſtalke: ſo the right name is Cawle, not Cole.

*Veale.*

## *Veale.*

Choiſe. OF a ſucking Calfe, let runne abroad two or three dayes afore: from the Dame; fed in choyce paſture.

Vſe. Nouriſheth excellently: makes verie good blood: holeſome for them that exerciſe much.

Hurt. Though yong and tender, yet being of groſſe ſubſtance, naturally hurteth the weake or in recouery.

Correction. Boyled with yong Pullets, or fat Capons, and Parſly.

Degree. Temperate in all qualities.

Seaſon. For all ſeaſons, ages, conſtitutions.

Age.

Conſtitution.

*Vitulina.*

## *Vitulina.*

*Storie for Table-talke.*

THe Italians should be calfes by their name; for *Italos* in Greeke is the same that *Vitulus* in Latine, and calfe in English. Therefore they collaude it by tearming it *Vitella, id est, vitam illis dans*: signifying the holesomnesse thereof to a good stomacke. It is good for sound and ableconstitutions, not so good for the weake, sicke, or languishing stomackes, for it is of a lash and yet grosse substance, not very digestible. *Essex* calfes the prouerb praiseth, and some are of the minde that *Waltonne* calfe was also that countrey man.

## Beefe.

Choiſe. Moſt yong and tender: fat: wrought at plowe, or other ſtrong labour.

Vſe. Nouriſheth exceedingly: engendreth very much blood: ſtoppes chollerous ſtuxes.

Hurt. Is of bad nourithment: ſlow of digeſtion; makes groſſe blood: yea clodders of blood in the veines, and other melancholliche diſeaſes.

Correction. Is powdred with much ſalt, 24. houres, and ſodden exquiſitly.

Degree. Cold in the firſt, dry in the ſecond.

Seaſon.

Age. The tendereſt, in cold weather, for youth, labourers, and great exerciſers.

Conſtitution.

## *Vaccina seu Bubula.*

### *Story for Table-talke.*

BEefe, (*quasi*) *Boue* of *Bos*, an Oxe, Cowe, or Steere.

Sir *Thomas More* in his *Vtopia Li.* 2. commendeth the Oxe farre aboue the Horse.

Oxen, yeeld to horses in fiercenes, but excell them in patience; neyther are they subiect to so many diseases, are kept with lesse charge, and lastly, worne out at plowe and cart, yet are mans meate in fine.

The Oxe is the Country-mans fellow-labourer, and one of *Ceres* his household seruants. *Prometheus*, first slew an Oxe.

## *Beefe.*

Choise. MOst yong and tender: fat: wrought at plowe, or other strong labour.

Vse. Nourisheth exceedingly: engendreth very much blood: stoppes chollerous fluxes.

Hurt. Is of bad nourishment: slow of digestion; makes grosse blood: yea clodders of blood in the veines, and other melancholicke diseases.

Correction. Is powdred with much salt, 24. houres, and sodden exquisitly.

Degree. Cold in the first, dry in the second.

Season.

Age. The tenderest, in cold weather, for youth, labourers, and great exercisers.

Constitution.

*Vaccina*

## *Vaccina ſeu Bubula.*

*Story for Table-talke.*

BEefe, (*quaſi*) *Boue* of *Bos*, an Oxe, Cowe, or Steere.

Sir *Thomas More* in his *Vtopia Li.*2. commendeth the Oxe farre aboue the Horſe.

Oxen, yeeld to horſes in fiercenes, but excell them in patience; neyther are they ſubiect to ſo many diſeaſes, are kept with leſſe charge, and laſtly, worne out at plowe and cart, yet are mans meate in fine.

The Oxe is the Country-mans fellow-labourer, and one of *Ceres* hir houſhold ſeruants. *Prometheus*, firſt ſlew an Oxe.

## Wethers Mutton.

Choiſe. NOt yet of the firſt ſhere: a ſheepe Wether, not Goate.

Vſe. Makes very much, and very good nourifhment: for the weake.

Hurt. Olde, is unholeſome being corrupted with age, and overmuch dried, for want of his ſtones.

Degree. The younger, boyled, is eaten with opening and cardiall herbes.

Seaſon. Temperately hot, and moyſt.

Age. Conſtitu-tion. For any time, age, conſtitution, or region.

*Vertues.*

Venison.

Story for Table talke

THose things which are most necessarie vnto vs, by Gods great goodnes are also most common: what more necessary to life then ayre, and what more obuious: inasmuch as that onely is the Element, that no Tyrant can deprive the meanest Vassall of, not taking away his life. *Aqua & ignis interdici potest*, so the most holesome and conuenient meate for sustenance of our bodyes, is mutton, and beefe: of all other flesh most cõmon. I dare say there are no foure other sundry meates wherewith men may continue longer full fedde, with lesse loathing.

## Goate-fleſh.

Choiſe. Red and blacke kiddes: ſcarſe halfe yeare, lately eaned, not yet weaned.

Vſe. Is eaſily and ſoone digeſted: of beſt nourihment: good eſpecially for ſuch as are weake, or in recouery.

Hurt. Unholeſome for the aged, colde, and moyſt ſtomackes, and ſuch as exerciſe much.

Preparation. Holeſommer roaſt then ſodde: the hinder quarters, then the fore: becauſe they leſſe abounde with excrementitious moyſture.

Degree, Season, Age, Conſtitution. Hot and moyſt temperately in the firſt. For young and hot ſtomackes: not old, nor flegmaticke. *Gaprilla.*

## Caprilla.

*Story for Table-talke.*

*Capra à Carpendo*, because it carpeth and biteth off the yong buddes and sprowtes of plants and shrubbes.

That which we call a Kidde, the Italians call *Capretto*, till it be halfe yeare olde, and then they alter the name.

An heard of Goates finding *Eringium*, gather together to it, and depart not thence, vntill they haue eaten it all vp quite and cleane. They can best render the reason, who are goatish and loue to eat Eringoes.

## *Lambe.*

Choise. Male, a yeare olde, fit for seasoning: not in winter.

Vse. It is of exceeding good and plentifull nourishment: resisting melancholly; best for an hot constitution.

Hurt. Sucking Lambe, is exceeding moyst, therefore nought for phlegmatique stomackes.

Preparatiō. A yéerling, roasted, and eaten with Rosemary, Garlicke, Sage, cloues, and such hot things.

Degree. Hot in the first, moyst in the second, (the sucking is moyst in the third order.

Season. For hot weather, youth, and
Age. cholerists.
Constitutiō. *Agnus.*

## Agnus.

*Story for Table talke.*

IF the Southwinde blow in seasoning time, the Sheepheardes may looke for store of Ewe lambes; if the North winde, then for Males.

So soone as the Lambe is eaned, it knoweth his damme, and presently gins to play and dally with her.

All small meate, or under a yeere olde, breedes bad blood, for it is ouer moyst, making thicke and clammy humours.

In no meate for cold seasons.

## Swines Fleſh.

Choiſe. Neyther olde, nor thinne; but of a full growth, and middle age; male: fed in the fields.

Vſe. Doth yeeld very much and very good nourishment, for labourers eſpecially: keepe the paunch slipperie: prouoke vrine.

Hurt. Hurt olde folke, and thoſe that liue delicately or at eaſe: haſten the Goute and Sciatica.

Correctiō. The leane of a yong fat Hog eaten moderately: with ſpices and ſuch hot things.

Degree. Hot in the firſt, moiſt in the end of the ſecond.

Seaſon. Age. Conſtitution. In colde weather, for youth, hot ſtomackes and labourers.

*Porcus.*

## Porcus.

*Story for Table-talke.*

IN olde time they deteſted Swines fleſh, accounting it ouermoyſt; eſpecially ſucking pigges, or yong ſhotes: and ſurely they were wiſer then we: our appetite captiuates our reaſon in this matter.

The moſt tollerable, is ſuch as is at his full growth and naturall perfection. Which fleſh queſtionles commeth neereſt to mans in taſte and ſauour: eſpecially being a litle powdred. Bacō may be eaten with other fleſh to prouoke appetite, and to cut aſunder fleame cloddered in the ſtomack.

*Wilde*

## Wilde Boare.

Choise. Young: fat: tender: much chased: in winter.

Vse. Of much nourishment: is fit meate for great exercisers: ease of digestion.

Hurt. Nought for idle and idle folkes, in making store of excrementitious and superfluous humours.

Preparation. Carued into steakes, and spiced: or as the Italians make their *Brotlardoni*; or else baked with store of spice.

Degree. Hot and moyst in the first, temperatly.

Season. In colde weather, for hot and laborious.

Age.

Constitution.

Aper

## *Aper seu Apcugna.*

### *Storie for Table-talke.*

IN the beginning of winter, the wilde swine gender; and about the prime of the spring they pigge, in desart, streyte, craggie and deuious places.

If they bee at any time sicke, their physicke is luie. They are so so loadē with the weight of their vrin, that Hunters surprize them at such time as it vrgeth them, not giuing them leasure to voyde it, and so not being able to escape by flight, take thm.

*P. Seruillius Rullus*, first serued in Wilde Boare to the table, mongst the Romaines.

*Red*

## *Red Deere.*

**Choise.** YOng; and (if it may bée) such as yet sucketh: gelt so soone as it is calfed.

**Vse.** Is of excéeding good nourishment.

**Hurt.** Olde, breedes euill humours: harde of digestion: causeth a quartane feuer.

**Preparation.** Roast, or baked in pasties, larded with the fat of other beastes.

**Degree.** Hot somewhat remisly in the first; dry in the second.

**Season.** Neither for hot weather, nor for olde folkes, very bad for melancholicks.

**Age.**

**Constitution.**

*Cornus.*

## Ceruus

### *Storie for Table-talke.*

HArtes flesh yeeldeth but grosse and melancholious nourishment. Eatē at breakfast, it is said to prolong ones life: at supper to abridge the same.

The Hinde goeth 8. moneths with her yong, which so soone as she hath calued, she exerciseth them to the race: carryeth them to steepe down-fals, and teacheth them to leape.

It is a most simple and innocent Animall, howsoeuer nature in a mockery hath armed it most magnificently. It is the very Emblem of a *Gull*, girded to a sword, being as hartlesse as the Hart is.

*Fallow*

## *Fallow Deere.*

Choiſe. YOng: fat: very well chaſed, hang'd vntill it be tender.

Vſe. Nourisheth better then any other Venison: eſpecially reſiſteth the colicke, & palſie: good for ſuch as abound with humours.

Hurt. Yurteth the leane and thinne: for making dry blood, it annoyes the ſinewes, eſpecially being olde.

Correction. In roaſting, baſted throughly with oyle, or larded very much.

Degree. Hot and dry in the ſecond.

Seaſon. Bad for youth, and cholleriſts:

Age

Conſtitutiõ. good for them that haue the palſie, and ſtore of rume.

*Dama.*

## Dama.

*Stories for Table-talke.*

IT is a rare thing to see a tame Doe: and yet it may hardly be reamed wilde: howsoeuer the Latines call it, *Fera* in speciall, and the flesh thereof *Ferina*. For there are many brutes which are Neuters, neither wilde nor tame, but in a meane: as the Swallow amongst Foules: amongst Flies the Bee: mongst Fishes the Dolphin.

*Martiall* hath penned the Does lamentable women-tation in two verses: thus.

*The Bore is feared for his tosh,*
*His hornes defend the Hart:*
*But we poore harmles hartles Does*
*Are nak'd on euery part.*

## Hare.

Choiſe. Young: well courſed.

Vſe. It maketh ſlender: cauſeth good freſh colour in the face.

Hurt. Slowly digeſted: engenders melancholike blood: much eaten, makes ſleepie and drowſie.

Preparation. Farſed with ſuet, or gobbets of Larde, and ſpices.

Degree. Hot and dry in the ſecond.

Seaſon. In winter, for youth & ſanguine: not for melancholiſts or ſtudents.

Age.

Conſtitution.

*Lepus.*

## *Lepus.*

### *Story for Table-talke.*

HAres flesh is good for those that wold be leane & faire.

It is a receiued opinion, that vse of Hares flesshe procureth beautie, fresh colour, and cheerfull countenance, for a seuenight space: in so much as the Italians haue a by-word, which speaketh thus of a faire man, He hath eaten an Hare.

And *Martiall* mockes a foule sowe, telling her that shee htah not eaten any Hares flesshe of a weeke. It runneth most swiftly, especially vp the hill: because the fore feet be shorter then the hinder legges.

## *Conny.*

Choiſe. YOung, fat, in winter, hangd a night in the coole.

Vſe. Affoꝛdeth ſtoꝛe of verie good nourifhment: conſumes all coꝛrupt humours, and fleame in the ſtomacke.

Hurt. Yurteth melancholifts, and olde folkes.

Preparatió. Parboyled: then roaſted, with ſweete hearbes, cloues, and other ſpices.

Degree. Cold in the beginning of the firſt: dꝛie in the ſecond.

Seaſon. In hot weather, ſomewhat vnholeſome foꝛ the foꝛeſaid.

Age.

Conſtitution.

*Cuniculus.*

## *Cuniculus.*

### *Story for Table-talke*

BEcause the Conny is somewhat like the Hare, it is called (*Paruus Lepus*) the lesse Hare.

It taught the souldier to vndermine his enemy, by earthing: which the Latines tearme *Cuniculum agere*) to play the Conny. And yet (alas) of it selfe it is very Conny, a most simple Animall: whēce are deriued our vsual phrases of Conny, and Conny-catching.

There is so great store of Connies in the *Baleares Insulæ*, vsually called *Maiorica*, and *Minorica*, that oft they waste their whole crop of corne, and cause extreme dearth in those Ilands.

## *Capon.*

Choiſe. YOng: fat: well crammed: let vp a fatting in a wide Cope.

Vſe. Yeelds to mans body better nourithment then any other meat: principally good for the braine: procureth an equall temperature of all the humors.

Hurt. Gineth ſuch as take their eaſe, ouermuch nourithment.

Correction. Vſed moderatly, and with extraordinary exercise.

Degree. Poſſeſſeth an equal temperature of all qualities.

Seaſon. For any time, age, conſtitution.

Age.

Conſtitution.

*Cap.*

## Capo.

*Story for Table-talke:*

SO named, for his excellencie, and chiefe worth amongst all foules of that kinde. It makes perfect blood. The Italians deriue the name of two Hetrurian words, *Quá pone*: that is, *huc appone*: set it afore vs: as much as our by-word: It saith, Come eate me. So these two words, Eate it, are the vnlettered mans latine for any good meate.

The eleuenth yeare afore the third Punique warre, *Caius Fannius* Consull, made a decree, that no foule should be serued to the table, but the Capon or Hen facted abroad.

## Turky-Cocke, or Ginny-Cocke.

Choise. YOng; fatted abroad; in winter; hangd all night.

Vse. Of very plentifull and very good nourishment: restoreth bodily forces: passing good for such as are in recouery: maketh store of seede: enflameth Venus.

Hurt. Bad for those that liue at ease: disposeth to the goute, and such like defluxions.

Preparation. Eaten little and seldome; spiced throughly in roasting.

Degree. Hot and moist in the second.

Season. At any time, for any but decrepit

Age. age.

Constitutiõ. Gallus

## *Gallus Indicus.*

### *Story for Table-talke.*

IT may be, the vulgar for Indy Cock, miscall it Ginny-Cock.

The Cocke, Hen, and Chickens, are all of one nature: the Chicken is preferred for tender flesh.

The Ginny-Cocke was first brought out of *Numidia*, into *Italy*, and not from *India*.

The Græcians call these foules *Meleagrides*: induced thereunto, by Poeticall fiction. For (they say) *Meleager's* Sisters were transformed into Ginny-hens, while they mourned for their brothers death

*Peacocke.*

## Peacocke.

Choise. Yong: fed in a moſt cleare and open place: tender.

Vſe. Nourisheth exceedingly: fit for hot ſtomackes.

Hurt. Hard of digeſtion: breeds melancholious blood; vnfit for idle folkes.

Correction. The throate cut, and hanged with a waite tyed at the heeles, in ſome cold place, fifteene dayes.

Drinke good wine vpon it.

Degree. Hot in the ſecond, dry in the firſt.

Seaſon. For colde weather, hotte ſtomackes, and great exerciſers.

Age.

Conſtitution.

Pann.

## Paua.

### *Storie for Table-talke.*

PEacocke, is very hard meate, of bad temperature, & as euil iuyce. Wonderously increaseth melancholy, & casteth (as it were) a clowd vpon the minde. It layeth at the third yeare, and liueth fiue and twentie. It is so spitefull & enuious, that it eateth his owne dung, least any body should make any vse of it.

Great *Alexander*, imposed a great penaltie on him that killed a Peacocke.

*Quintus Hortensius*, the *Romane Oratour*, first set it vpon the table, beeing himselfe a perfect glutton.

*Pigions.*

## *Pigeons.*

Choise. That first assay to goe, and get their owne meate: plump and fat.

Vse. Cure the palsie, proceeding of a cold cause: excite Venus: increase heate in the weake: purge the reines: are easily digested.

Hurt. Enflame the blood: annoy hote cõstitutions, and their heads which which delight to eate Pigeõs heds: therefore we alway behead them.

Correction. Boyled in fat flesh broath, with Verjuyce, Plums, sower Cheries, or with Wineger and Coriander.

Degree. Hot and moist in the second.

Season. In cold weather, for old folkes,

Age.

Constitution. and stomackes full of fleame.

*Pipio.*

## Pipio.

*Storie for Table-talke.*

WIlde or wood Doues, are but dry meate. They liue 30. yeares.

They are mute all winter long, in the spring they begin to mouth it. Some of them are called *Viuarie*, Stockdoues: other *Torquata*, Ringdoues. The house or tame Pigeon is much the better: yet a litle too moyst. Their flesh is very preseruatiue in time of pestilence arising of corruption. It is the Embleme of sincere and simple meaning, also of pure loue, voyd of all malice. It was good Angell to *Noah*.

*Gosling.*

## Goſling.

Choiſe. YOng: fat: bred in the champion, and free ayre.

Vſe. Yeldes very good nourishment: fatteth the macilent.

Hurt. Fils the body with superfluous humours: is slowly concocted: (the fleſh of an olde Goſe, causeth a feuer.)

Correctiō. Stifled with borage-smoake set in at the throate; then larded with ſweete herbes, and ſpices, and ſo roaſt.

Degree. Hot in the firſt, moyſt in the
Seaſon. ſecond.
Age.

Conſtitu- In colde weather, for hot ſtomackes, and great exercilers.
tion.

Pullus

## *Pullus Anserinus.*

### *Story for Table-talke.*

THe *Iewes* are great Goose-eaters: therefore their complexion is passing melancholious, their colour swort, and their diseases very perillous.

The liuer and wings are best, especially of fat Geese.

*Sessius*, first commended the goodnes and pleasant taste of the Goose-liuer: some ascribe it to *Metellus*: other to *Scipio*.

A gard of Geese kept the *Capitoll* at *Rome*, in times past.

A Goose, is the Embleme of meere modestie.

*Ducke*

## *Duck or Mallard.*

Choiſe. Yong: fat: tender.

Vſe. Dooth nouriſh exceeding much: fat: cauſe very good colour: cleare the voice: increaſe ſeed: diſpearſe winde.

Hurt. Get them an heate that are cold, and them a feuer that are hote: digeſt hardly; yeelders but bad nouriſhment.

Correction. Is perfumed at the mouth with Borage, and ſo forth, as it is ſaid of the Gosling.

Degree. Hot and moiſt in the ſecond.

Season. In colde weather only, for hot

Age. ſtomacks, and ſuch as vſe great

Conſtitutiõ. exerciſe.

Anat.

## Anas.

### Story for Table-talke.

OF all foules that vse to flock, the Duck is the hotteſt and moiſteſt. The liuer and wings are moſt commended. *Martiall* wil-leth the whole Duck to be ſet a-fore him; but he chooſeth onely the neck and the breſt, and ſends the reſticks back to the Cooke.

They hatch their yoong neare vnto Lakes, and Fennes; but ſo ſoone as they are out of the ſhell, they take the water, and after-ward mount vp into the ayre.

## *Pheasant.*

Choise. Fat, gotten in hawking in winter.

Vse. Good in hectick feuers: restoreth their strength that are in conualescency: of singular good nourishment: helpeth a weake stomacke.

Hurt. It onely makes the Sp. ine short winded.

Correction. Therefore good Pheasant,
Touch not the Pheasant,
But saue thy weasant:
Yet somewhat pleasant.

Degree. Temperate in all qualities.

Season. In *Autumne*, and winter, for any.

Age.

Constitution.

*Phasi-*

## *Pheasianus.*

*Storie for Table-talke.*

PHeasant, in digestion and nourishing is very like Hen: yet more toothesome: in a meane betwixt Capon, and Partrich. Passing restaurative for the thinne and macilent.

It taketh his name of *Phasis*, a riuer in *Cholchis*. The Italian vulgars call it *Fasan, quasi faciens sanum*: because it is so exceeding holesome.

It is much molested with lice, which it riddeth it selfe off, by tumbling in the dust.

## Pertritch.

Choise. YOung: female: like Chickens: fed in the house, if it may be.

Vse. Yields excellent nourishment: sorte digests: fats: dries up superfluous himours in the stomach: very healthsome for such as are irreconcetie:

Hurt. Young, hurts none but the rusticks, the old be tougher and of bad sauour.

Correction. Eate the young, hang the old all

Degree. night in the coale.

Season. Hot in the first, dry in the second.

Age. For all, in cold weather, especially the young ones.

Constitution.

*Perdix.*

## *Perdix.*

### *Story for Table-talke.*

THe Partritch neuer liues longer then 16. yeares.

It is not good, if not young.

The Henne is better then the Cock.

They are so venerious, that the Cock opposed to the Henne on the windie side, she conceiueth through the winde that blowes from him.

*Cardan* thinks the Hen is partly Cockish.

If they feele themselues sicke, they purge themselues with Laurell.

In *Paphlagonia* they haue two harts.

The Partritch is consecrated to *Iupiter* and *Latona*.

## Turtle

Choise. YOung: fatted in the house a while, afore it be eaten.

Vse. It pleaseth the taste: affords very good nourishment: digesteth easily: comforteth the stomacke: sharpeneth ỹ wit: exciteth Venus.

Hurt. Being exceeding dry, hurts cholerists, and melancholists.

Correction. Feede in the house with moyst meates, then kill and hang it two nights in the coole.

Degree. Hot and dry in the second.

Season. In colde weather,

Age. for old folkes,

Constitutiõ. and phlegmatike.

## Turtur.



*Storie for Table-talke.*

AT the beginning of the Spring they hide themselues, because they then cast their feathers, and are in a maner naked.

It is a thing noted in the Turtle, that while it drinketh, it turneth not vpher head, as all other birdes doe.

The time of her life, is eight yeares.

It purgeth it self with an herbe that groweth vpon walles.

# Quaile.

Choise. Not fed with Hellebore or Beare-foote: taken with the Quaile-pipe; fat and tender.

Vse. Doth helpe melancholists ones, by moistning their dry constitution.

Hurt. Easily corrupteth in the stomach: inuiteth the Ague, Palsie, Cramp.

Correction. Eaten with Vinegar and Coriander.

Degree. Hot in the end of the first: moist in the end of the second.

Season. In cold weather:

Age. hurteth old

Constitution. folkes, paralytick, and flegmatick.

Coturnix.

## Coturnix.

### *Storie for Table-talke.*

I Am much in doubt whether *Coturnix* be our Quaile. *Cardan* also doubteth: and his maner of doubting, maketh me doute more: for setting downe sixe degrees of delicates that please the taste, he maketh Quaile the first dish of the first course. His words are these: *Aues videntur primum locum vendicare, atque inter eas qualea: seu sit Coturnix, seu non, haud refert.* I am sure all other writers giue *Coturnix* their euil word, affirming that it is a breeder of the Crampe, Palsie, and Falling sicknesse: and in a word, passeth for badnesse.

*Thrush*

## Thrush, Mauis, or Blacke-bird.

Choise. In cold weather, fat: fed with holly, Iuniper, and Mertle berryes.

Vse. Is of very good iuyce: easily digested: very holesome for such as are in recouery.

Hurt. Naught for those that are subiect to the ingram, or frensie.

Preparatiō. Sod in good fleshy broath, with parsly, and other opening herbes.

Degree. Hot and dry in the very ende of the first.

Season. In colde weather, for any, but

Age. olde folkes.

Constitution.

*Turdus.*

## *Turdus.*

*Story for Table talke.*

THis Latine name, soundeth to English eares somewhat vnsauoury: but much worse as I haue heard it ioyned with other like *Consonants*. As for example. *Edo Fartum, & Turdum pistum.* But there is nothing euill spoken, but being euill taken.

Now because it signifies diuersly, a Thrush, a Black-bird, a Mauis: some may bee desirous to know if all these bee much of a nature, yet *Virum horum*, which is best and holesomest. Therefore to his *Virum horum*, I answere, *Mauis accipe*. *Pliny* reporteth, *Agrippa Claudius Cæsars* wife, had a Mauis, that did speake very plainly.

*Egges.*

## Egges.

Choise. OF yong and fat Hens: Cock-trodden: new laied.

Vse. Nourish some, and much: excite Venus: supplying matter for it: very much helpe them that are in a consumption: open the breast: stay spitting of blood: clarifie the voyce.

Hurt. Hinder the concoction of meates eaten presently after them: make the face freckled.

Correction. Eate them boyled: the yolke only: and patise betweixt Egges and other meates.

Degree. Temperately hot and moyst.

Season. Age. Constitution. New, for all seasons, ages, constitutions and diseases.

Ovum.

## Ovum.

### *Storie for Table-talke.*

EGges (some thinke) because they egge on backward husbands.

Egges haue the possibilitie of being liuing creatures. The white is cold, the yolke hot. They nourish soone and much, by reason of the pliable softnesse of their substance and temperature: very proportionable to our flesh and nature.

Not only Hens Egs, but Partritch, Phasant, and Turkies, be verie holesome.

*Carpe.*

## Carpe.

Choise. Whensoeuer you can get it, great or litle.

Vse. It nourisheth best: it slaketh most excellently, and exquisitely: in all mens iudgements a fish of chiefe note.

Hurt. Onely it is soone tainted, therefore dresse it presently.

Preparation. Lay it scaled and gutted fiue houres in salt: then fry it in oyle, and besprinkle it with vinegar in which Spices and Saffron haue boyled.

Degree. Temperately hot and moyst, in the beginning of the first.

Season. For any season,

Age. age, or con-

Constitutiõ. stitution.

Cyprinus

## *Cyprinus qui & Carpio.*

*Story for Table-talke*

NOne of the *Greeke* or *Latine* writers euer knewe this fish.

In *Italy* it is somewhat rare, and thought to bee onely in the lake *Benacus*, and the lake commonly called *Della posta*.

It spawneth about the beginning of the summer.

Many are of the minde, that it eateth gold, because in the guttes are found no other excrementes, but a bright sand glittering like golde: and besides, it liueth alway at the bottome of the lake.

*Trout.*

## Trout.

Choise. THick: caught in May: in a swift running River, full of deepe down-falls and Rocks: and not out of standing poles.

Vse. Nourisheth well: soone digested: yeelds cole iuyce for an over hott Liuer and blood: therefore good in hot Agues.

Hurt. It soone putrifieth: scarce fit for old men, and weake stomackes.

Correction. Seethe it in halfe so much Vineger as water: eate it with sower sauce allone as you can.

Degree. Cold in the beginning of the first, moist in the ende.

Season. In hot weather for all ages, but decrepit: euery temperature but phlegmaticke.

Age.

Cõstitutiõ.

Trotta

## *Trocta seu Turtur.*

### *Story for Table-talke.*

IT is very much commended for good nourishment. Insomuch as it is permitted vnto one sicke of an hot ague. That it is passing holesome, our vulgar prouerbe accordeth: As sound as a Trout. And another phrase, Fish-whole, I think is most ment of the Trout.

It is a fish that loueth to be flattered and clawed in the water: by which meanes it is often taken.

## Sturgion.

Choise. River: for it is fatter, and therefore more gratefull to the palate, then sea Sturgion: in sommer: the belly of it.

Vse. A friendly dish on the table: very daintie, and of chiefe account: nourisheth very well: inciteth Venus: coleth the blood moderately.

Hurt. Naught for the sicke, or in recovery: for it is somewhat too fatte: makes thicke and clammy iuyce: slowly digested.

Correction. Seeth it in water and vineger: let the sauce be white vineger, with a litle Cynamon or Fennel in it.

Degree. Hot in the beginning of the first, moyst in the second.

Season. In hot weather: for all, but those

Age.

Constitutiõ that are plagued with distillations and diseased ioynts.

Surie

## *Sturio seu Acipenser.*

### *Story for Table-talke*

*Plin.* in his 9. booke of Natu-rall story, and 17. Chapter, writeth thus. In former times Sturgion was counted a most noble Fish: now it is of no reckoning: the which I much maruell at, sithens it is so rare. We may now a dayes vse *Plinies* wordes, with an interlio of the sense. For what fish is there almost now of greater esteeme?

It hath his skales turning toward his mouth, and swimmeth against the streame.

## Lamprey.

Choise. RIuer: in March or Aprill, for then it is notably fat, and the backe bone marrow tenderest.

Vse. It hath a most excellent fine relish: nourisheth passing well: increaseth seed: a Lordly dish.

Hurt. Somewhat slowe of digestion: especially not boiled inough: naught for the Gout and feeble sinowes.

Correction. Choake it with white Wine, stop the mouth with a Nut-meg, and the other holes with Cloues: then fry it with Nuttes, Bread, Oyle, Spices, and white Wine.

Degree. Temperately hot, moyst in the first.

Season. Age. Constitution. For any season, age, constitution, but decrepit, gowtie, and diseased sinowes.

Lampreta

## *Lampreta.*

*Storie for Table-talke.*

TEarmed so, *a Lambendis Petris*: a Suck-stone.

About the beginning of the Spring, it enters the fresh waters, and in Summer departeth againe into the sea. Whereas all other fishes haue finnes to swim withal, some more some lesse; the Lamprey hath none at all: but moueth in the waters, as Snakes and Serpents creepe & glide vpon the earth.

Many in England haue surfetted of Lampry pies, as our Chronicles will tell vs if we looke into them.

## *Mullet or Barbell.*

Choise. Of the lesser size: not taken in muddie places, or standing lakes, but gravelly & cleare.

Vse. Pleasing to the palate: the flesh applied, cures the biting of venemous things: or any harme done by womens menstruous flure.

Hurt. The wine wherein a Mullet is stifled drunke, depriveth men of all genital vertue: makes women barren: the meate is hard and slow of digestion.

Correction. Roast vpon a gridiron, sprinckled with Dyle, and the iuyce of Orenges: or boyled & condite with Vineger, sweete hearbes, and Safron.

Degree. Hot in the first, dry in the beginning of the second.

Season. Age. Constitutiõ. In hot weather, for youth, cholericke, strong stomackes.

*Mullus*

## *Mullus seu Barbo.*

### *Story for Table-talke.*

*Barbo*, bicause it hath a double beard vpon the neather lip. And therfore *Tully* in his *Paradox*, calleth those that are well barbed, *Mulli*. *Fenestella* thinkes they were called *Mulli*, because they are in colour like the shoes of the *Almane* Kings, and the *Patricij* amongst the Romans: which Shoes were tearmed *Mullei*, of *Millo*, an obsolet word, signifying the same that *suo*, to sowe as Sowters do.

The Romanes prized this fish at a wonderfull high rate. It is incredible to tell what *Asinius Celer* and *Crispinus*, gaue for a Mullet.

## Tench.

Choise. Small: River: in Autumne or Winter.

Vse. It little benefiteth the bodie: but only as some think, cut lengthwayes in halfes, and applied to the soles of the feete, stancheth the heat of Agues.

Hurt. Is slowly digested: heavy on the stomacke: bad nourishment, especially in the Dogge dayes.

Correction. Bake it with Garlicke, sweete hearbes, and spices: or boyle it with Dyle, Onyons, and Raysons: farsed with Garlicke, Parsly, and Vineger.

Degree. Cold and moyst in the second.

Season. In Autumne and Winter,

Age. for youth,

Constitution. collericke, and very laborious.

Tinca.

## Tinca.

*Storie for Table-talke.*

THe Anticke make no mention of this fish: not respecting it in deede, because it was so common, and the poore mans prouin.

Onely *Tully*, in his Booke *de claris Oratoribus*, mentioneth one *Placentinus* an *Orator*, who was called *Tinca*, for his merry conceited wit.

It is onely to be found in fresh waters, riuers, lakes, and ponds: and is fittest meate for labouring men.

*Pike*

## *Pike or Pickerell.*

Choise. RIuer, rather then Pond, and Pond not muddy: great: fresh: new, and fat.

Vse. It nourisheth much, the iawe bones burnt to powder, and giuen the weight of French crowne in wine, will breake the stone.

Hurt. Hard of concoction: badde nutriment: burdeneth the belly: increaseth fleame: naught for the sicke.

Correction. Seeth it with sweete hearbes, and oyle, eate it with white vineger: or broyled, with wild mariorам and vineger.

Degree. Colde and moyst in the second.

Season. Age. Constitution. Being hard meate, it is fittest for winter, youth, and chollericke.

*Lucius.*

## *Lucius.*

*Storie for Table-talke.*

NOr yet of the pickerill haue old writters recorded any thing, which is companion and an associate of the Tench: by rubbing vpon whom, the Pickerill cureth himselfe of any wound or hurt receiued.

It is a very rauenous Fish, deuoring any thing be it fish or flesh that lyeth in his way.

It is no meate for those that be sicke or weake, whatsoeuer triniall Leeches prate.

*Eele.*

## *Eele.*

Choise. Taken in a sandy sea, not muddy: in March: dressed presently.

Vse. Talteth very pleasantly: nourisheth marueilous well: may be kept long salt: good for the stomack against fleame.

Hurt. Somewhat windie, especially the backe of it: also ouer moyst.

Preparation. Roast in a leafe of paper, with oyle, parsly, coriander: or keepe it condite a day or two with salt and origan.

Degree. Cold in the beginning, moyst in the end of the first.

Season. In the spring, for any age, or temperature, taken moderately.

Age.

Cõstitutiõ.

*Anguilla.*

## *Anguilla.*

### *Storie for Table-talke.*

THe generation of Eeles is in nature very easie: but to our vnderstanding passing difficult. For they breed euen in dryed lakes, presently after a sudden raine, of the very corruption and slime of the soyle.

*Athenæus* sayeth, he himselfe sawe in *Arethusa* of *Eubœa*, Eeles with siluer and golden earings, so tame that they would eate meate out of ones hands.

The Ile of *Ely*, may be called the Ile of Eeles: for the aboundance of Eeles which it yeeldeth.

*Rotchet.*

## Rotchet.

Choise. NEw sodden: and eaten colde.

Vse. Tender meate, and gratefull to the palate: easie digested: nourisheth very well: exceedingly holesome, if continually vsed.

Hurt. Whatsoeuer fault it hath, prepare it as followeth.

Preparatiō. Fry and condite it with Orange iuyce, and peper: or eate it hot with veneger.

Degree. Temperate in the actiue qualities, moyst in the first.

Season. Age. Constitution. Best in winter, for any age, or temperature: moderately taken.

*Erythines.*

## *Erythrinos.*

*Story for Table-talke.*

THe *Grecians* ſo tearme it becauſe it is red of colour. The *Venetians* call it *Arbor*: the *Latines* in imitation of the *Grekes*, *Rubellus*.

It is a Seafiſh, neither comes at any time into the freſh waters: It harbowreth ſome time about the ſhore.

So ſoone as they are ſpawned, they are preſently full of egges. And therefore (it is thought) they be all fæmall.

They vſe to rout together, and roue about the ſea in troopes.

*Oyſter.*

## Oyster.

Choise. That that growes vpon great ships bottomes, or in places not muddy; in those Moneths that haue the letter *R.* in their names.

Vse.

Hurt. It hath a kinde of salt iuyce in it, that affecteth the palate more then other shell fishes: exciteth appetite, and Venus: nourisheth litle.

Preparation. Somewhat hard of degistion: greatly increaseth fleame in a cold stomacke: causeth obstructions.

Degree. Dresse it with pepper, oyle, the iuyce of sowre Oranges: after it be roasted on the imbers.

Season. Hot in the first, moyst in the second.

Age. Constitution. For cold weather, youth, cholleristes, and hot stomackes.

*Ostreum*

## Ostreum.

*Stuffe for Table-talke.*

THe Oyster is an headlesse fish, yet passing toothesome: it is engendred of meere myre, or mudde inclining to corruption: or of the sea froth and spume, which cleaueth vpon ships. It liueth not out of the water, yet breatheth not ayre, nor taketh in any external moysture. It hath not locall motion: and plucked from his proper place is depryued of sense, increasing and decreasing with the Moone.

It is vnseasonable and vnholesome in all monethes, that haue not the letter *R.* in their name, because it is then venerious.

# Crab or Cra-fish.

Choise. River, or fresh water, rather then sea Crab: at the prime of the spring, or in harvest: when the Moone is at the full.

Vse. Good for the consumption, and biting of a mad dog; prouoketh vrine: Wemes: purgeth the reynes: nourisheth very much.

Hurt. The meate is hard of concoction, breedeth grosse and phlegmatick humours.

Preparation. Roast it quicke, or the timbers eate it with vineger and pepper.

Degree. Colder in the second, moyst in the first.

Season.

Age.

Constitution. *Canker.*

## Cancer.

*Storie for Table-talke.*

THe Crab also wants a head, and therfore hath all the Organs of sense placed in his breast.

It engendreth at the mouth: goeth as readily backeward: It turneth red in seething.

In the Coasts and riuer bancks of *Phœnicia*, there be Crabbes so swift in running, that it is a great masterie to ouertake them on foote.

## Milke.

Choise. Of yong beastes fedde in the choise pasture: 1. Womans, 2. Cowes, 3. Sheepes, 4. Goates.

Vse. Milke increaseth braine, fatteth the body: good for hectick, assuageth scalding heat of the brin: nourisheth plentifully: procureth good colour: furthereth Uenus.

Hurt. Naught for feuers, headaches, sare eyes, distillations of rume, diseased reynes, obstructions, the teeth, the gummes, olde folkes.

Correctiō. A litle afore you take it, put into it some salt, sugar, or hony, least it curdle in the stomacke: drinke it fasting.

Degree. Moyst in the second, temperately hot.

Season. For hot weather,

Age. youth,

Constitution. choleristes, and strong stomackes.

Lac.

## *Lac.*

### *Story for Table-talke.*

Milke consisteth of a three-fold substance. The first is whitish, colde, and moyst: Nitrous and powerfull to make the belly soluble. The second fat and oyly, of temperate qualitie, of which butter is made. The third is grosse, clammy, and flegmaticke, whereof cheese is made.

Eate no more Milke, then you can well digest: though it seemeth to be soft and easie meat, fit for children and milkesops, yet it is not so. Vse no violence after it, nor drinke wine, afore you feele it throughly decocted.

# Diets drie Dinner,

## Butter.

Choise. THe newest and sweetest, cheps. Cleanseth and mightily fetcheth by fleame cloddered about the breast and lungs, especially proceeding of a colde cause: quieteth the cough.

Vse. Too often vsed, makes the stomake lose and weake: and causeth loathing.

Hurt. Eate strengthening and astringent meates vpon it, or old *Saccharum Rosatum*.

Correction. Hot and moist in the beginning of the second.

Degree. Season. Age. Constitution. At any time, for olde folkes rather then youth: because it much purgeth distillations.

*Butyrum*,

## Butyrum.

*Stories for Table-talke.*

NEw Butter and newe Oyle are of like nature and operation. The benefite and vse of salt Butter is very notable. For only that way it may be preserued, neither thereby doeth it lose his proper vertue, to open and enlarge the breast: the older it is the hotter also it waxeth.

The Flemming or Hollander, is thought to liue so long as hee doth, onely for his excellent eating of Butter.

Some eate it first, and last.

White meates.

## Creame.

Choise. New: boyled with a soft fire, so soone as it is flette of the milke.

Vse. As good as butter for the diseases of the brest: pleasant to the taste: cureth the sharpenesse and drowth of the stomacke.

Hurt. Slowly concocted: swimmeth aboue other meates: of grosse iuyce: easily turnes to fumes.

Preparation. Vse it sparingly, put store of sugar, and hony into it.

Degree. Hot and moyst in the first.

Season.

Age. Fitter for youth, chollericke and strong stomackes, then the old and rumaticke.

Constitution.

Flos

## Flos lactis.

*Story for Table-talke.*

RIghtly so tearmed by the *Latines*, for it is the very flower of milke, as also butter is the flower of Creame.

Although it be not altogether so fat and oyly as butter: yet shal one be glutted and euen loathed with it, far sooner then with butter: neither is it so lasting as butter, but changeth in a moment many times, as Dairy maides can better informe you.

*Curdes.*

## Curdes.

Choise. MAde of the most choise morning milke: fire-newe: for these be most digestable.

Vse. Wholesome for hot constitutions, and such as are troubled with the distillations of chollerous humors: quench thirst: and restraine choller.

Hurt. Annoy colde stomakes and the sinowes, make drowsie, slowly digested.

Degree. Colde and dry in the first.

Season. At any time, for youth, chollerists, and such as exercise much.

Age.

Constitution.

Las

*Lac coagulatum Recocta vulgo.*

*Storie for Table-talke.*

PLatina missed his cushion, where he saith that Curds are hot of temperature: for experience thereof, we may note the vse of them. For let a sound, hot and strong stomacke eate them, and they doe him more good then hurt: but if a colde stomacke eate them, they will neuer be concocted enough.

The reason is plaine: their colde and grosse temprature.

*Cheese.*

## Cheese.

Choise. Newmade: of well tempered milke, of beastes fed in choise pasture.

Vse. Mollifieth: fatteth: grateful to the palate.

Hurt. Too often vse of it, breedes obstructions, especially in a weake stomacke.

Correction. Eate it with Nuts, Almondes, Peares, and Apples, and neuer but when you haue neede.

Degree. Colde and moyst in the second.

Season. For youth, and great exercisers,

Age. for it requireth a strong stomacke.

Constitution.

## Caseus.

*Storie for Table-talke.*

GReene or new cheese, ne vly made, nourisheth and moysteneth more thē salt and olde. That which is neither new nor old but in a meane, best agreeth with the stomacke: especially eaten moderately.

They that haue best leysure & loue cheese best, I would wish them to write an Apologie in defense of the common dislike thereof, why so many loue it not.

*Pepper.*

## Pepper.

Choise. The cornes new: full; not full of withered wrinckles.

Vse. Helpes concoction: recals appetite: breakes winde: strengtheneth the stomacke: very much heateth the sinewes, and muskles: prouokes vrine: wasts fleame.

Hurt. Hurtful to hot constitutions, especially in hot weather, and hot countries: consumeth seede: immoderately vsed burneth the blood.

Correction. Vsed moderately in cold weather and in moyst meates: not ouermuch beaten.

Degree. Hot and dry in the third, and almost in the beginning of the fourth.

Season. For colde weather, olde folkes,
Age. rumaticke, and such as are subiect
Cõstitutiõ. to distillations.

Piper.

## Piper.

*Stories for Table-talke.*

IN *India*, Pepper is gathered in October, and dryed in the Sunne: the Cornes strewed in beds of palme-leaues, vntill they be wrinckled.

*Isidorus* telleth a mad tale of Pepper: that it groweth in certaine woods on the South side of *Caucase mount*, which woods are full of serpents: therefore the inhabitantes of those partes set the woodes on fire to scarre away the serpentes, and so the Pepper comes to be blacke.

*Cinamon.*

## Cinamon.

Choise. The finest or thinnest: of an exquisite sweete smell, biting taste, and colour red: new.

Vse. Prouokes vrine, resists poysons: strengthens the braine, and all the entralles: comforteth the sight: preserues from putrifaction.

Hurt. Hurtes the colerike, in hote weather and hot countries: also hot constitutions, by inflaming the inward parts, and blood.

Correction. Vsed moderately, with colde or moyst meates, not beaten ouer much.

Degree. Very hot in the third.

Season. In colde weather,

Age. for olde, and

Constitution. colde, and weake stomakes.

*Cinnamomum.*

## *Cinnamomum.*

*Story for Table-talke.*

OVr vsually receiued Cinnamon is not the right and true Spice, but this is passing rare, and scarse: very little or none of it is brought to vs.

The vse thereof, is great and manifold to the body, and all the parts of it.

Onely we must moderate our selues, least ouermuch enflame vs. The more substantiall and grosse in quantity it seemeth, the lesse vertue and power it possesseth.

*Cloues.*

## Cloues.

Choise. Plaine, or smooth, which nipt with the nayle, yeeld some moisture: of a most absolute fine smell: newe.

Vse. Strengthen the principal parts of the body: and principally the stomacke: stay fluxes: and casting: amend stinking breath.

Hurt. Annoy cholerists: especially in summer: much put in meates, cause an vnpleasant and bitter taste in them.

Correction. Taken moderately, when the stomacke is full of fleame, in colde weather, and with moyst meates.

Degree. Hot and dry in the third.

Season. In winter,

Age. for olde men,

Constitution. phlegmaticke, and such are troubled with distillations.

Garyo-

## Caryophylli.

*Story for Table-talke.*

CLowes *quasi* Glowes, because thorough their vehement and ardent heate, they cause a glowing in the mouth.

They grow in certaine Ilandes of the *Orientall* Indian sea. And thence wee haue them transported ro vs, for their fragrancy and sweete vertue: whereof they whose breath is tainted, make very good vse.

For they most excellently relish the mouth, mend and commend the breath.

## Ginger.

Choise. NEw: not rotten: of the best smel: which biteth the tongue most: cut in pieces, turnes not to dust.

Vse. Breaketh winde, yet heateth slowlier then pepper: good for cold stomacks: prouoketh sluggish husbandes: wasteth fleame: sharpeneth the sight.

Hurt. Enflameth hot constitutions, in hot weather, or in hotte countries.

Correction. Greene Ginger, condite with hony, warmes olde mens bellyes, or dry, moderately vsed.

Degree. The greene is hot in the third, moyst in the first: the dry, dryeth in the second.

Season. In hot weather, for olde, phlegmaticke, or troubled with winde.

Age.

Constitution.

*Zinziber.*

## Zinziber.

### Story for Table-talke.

GInger new or greene, is paſſing moyſt: which may bee gathered, in that it moſt ſoone rotteth and corrupteth. Hence alſo, it heateth ſlowlier then pepper vnto which notwithſtanding in all other qualities it is very like.

It is firſt fetched from *Calecut*, the moſt famous Indian Mart: where being condite greene with ſugar or hony, it is very reſtoratiue.

## *Nutmegges.*

Choise. Newe not rotten: weightie. Full of iuyce and oyle: the colour inclining to red.

Vse. Mendeth a strong breath: taketh away pimpels: comforteth the sight: stomacke: spleane, and belly: prouokes vrine.

Hurt. Bindeth: and therefore hurteth such as haue the *Hæmorhoids*, are costiue, or melancholicke.

Correction. Vse it sildome, moderately, and with a litle Ginger.

Degree. Hot and dry, in the ende of second.

Season. Age. Constitution. In winter, for very olde folkes full of fleame.

*Nux-*

## Nux Myristica.

*Story from Table talke.*

SO called in *Greeke*, for his most sweete and pleasant fauour. As therefore the common *Essay*, As weake as water, is very badly applied to *Aqua fortis*: so contrariwise, that other *Adage*, As sweete, as a Nutte, may most properly and kindely be vnderstood, of the Nut *Myristick*, or sweete Nut. Euen as he that saith, he is Dog-sicke, as sicke as a Dog; meaneth a sicke Dog, doubtlesse.

## Saffron.

Choise. NEw: well coloured: the tops of it a little white in the very ende: long: tough: not soone drayed: of most fragrant smell: which moistened, dieth the hand.

Vse. Preserueth all the entreals: causeth good colour: wonderfully recreateth the heart: prouokes vrin, and Venus: drunk, hasteneth childbirth: driueth away drunkennesse.

Hurt. Stuffeth and paineth the head: makes drowsie; takes away appetite.

Correction. Vse it moderately, and in colde weather.

Degree, Season. Age. Constitution. Hotte in the second, dry in the first.

In winter, for the olde, phlegmaticke, and melancholicke.

Cropus.

## Crocus.

*Story for Table-talke.*

SAffron (as it groweth in the ground) much resembleth the Onyon, as *Aristotle* noteth: but they differ, in that the Saffrō head is continuous and solid, not diuided into tunicles or skinnes, as the Onyon is, neither yeeldeth seed as doth the Onyon. But the Sementiue vertue of Saffron, resteth in the head or roote.

It is so good a preparatiue, that *Pliny* saith, he that drinks Saffron in some liquor, shall neither surfet nor be drunke.

*Sugar.*

## Saffron.

Choise. NEw: well coloured: the tops of it a little white in the very ende: long: tough: not soone brayed; of most fragrant smell: which moistened, dieth the hand.

Vse. Preserueth all the entrails: causeth good colour: wonderfully recreateth the heart: prouokes vrin, and Venus: drunk, hasteneth childbirth: driueth away drunkennesse.

Hurt. Stuffeth and paineth the head: makes drowsie; takes away appetite.

Correction. Vse it moderately, and in colde weather.

Degree, Hotte in the second, dry in the first.

Season.

Age. In winter, for the olde, phlegmaticke, and melancholicke.

Constitution.

Cropus.

## Crocus.

*Story for Table-talke.*

SAffron (as it groweth in the ground) much resembleth the Onyon, as *Aristotle* noteth: but they differ, in that the Saffrō head is continuous and solid, not diuided into tunicles or skinnes, as the Onyon is, neither yeeldeth seed as doth the Onyon. But the Sementiue vertue of Saffron, resteth in the head or roote.

It is so good a preparatiue, that *Pliny* saith, he that drinks Saffron in some liquor, shall neither surfet nor be drunke.

*Sugar.*

## Sugar.

Choise. Candid: beauie: solide: hard: not going soone to powder.

Vse. It keepes the bodie cleane and neate: holesome for the reines: nourisheth more then honny: clenseth the breast.

Hurt. Causeth thirst: soone turnes to choller: naught for hot constitutions.

Correction. Eate it with Pome-Granates and sower Orenges.

Degree. Hot and moyst in the first, or as some thinke, possessing an equall temperature of all qualities.

Season. In winter, for old, cold, and such

Age. as be troubled with distillations.

Constitution.

Sacca-

## Saccarum.

*Story for Table-talke.*

SVgar by ſome writers is tearmed Cane or Reede-Honny: becauſe it is excocted foorth a Cane or Reede.

No kind of meat refuſeth Sugar for his condiment, but only the inwards of beaſts, as tripes: which if you condite with it, they grow moſt vnſauourly. If I were not very reuerently ſparing of your reuerent modeſtie, eſpecially at the table, I wold tell you it makes them ſmell and ſtincke like newe Oxe-dung.

*Honny.*

## Homy.

Choise. Pure: cleare: most splendent: whitest: curdled and thicke.

Vse. It heateth the stomack: therfore holesome for old folkes: disposeth to the stole: resisteth putrifaction: makes good blood.

Hurt. Worst for hot stomackes, enflaming the blood, and through his acrimony, increaseth choller.

Correction. Eate it with fruit, sower meats: or with *Saccarum Rosatum.*

Degree. Hot and drie in the second.

Season. In winter, for old, cold, and reumaticke.

Age.

Constitution.

*Mel,*

## *Mel.*

### *Storie for Table-talke.*

ALl Honny is made of Dewe. For out of flowers the Bees gather that of which they make their Combes: of the gum which droppeth from trees, they make Waxe: of Dewe they make Honny. So that Dewe is congealed togither or crassified, either by liuing creatures, and is made Honny: or of it owne accord, which also is Honny, vsually tearmed *Dry Manna*: or is not thickned at all, which they call liquid *Manna*: Whereof there is great store about *Hormus*, a Cittie in *Arabia Felix*.

*Salt.*

## Salt.

Choise. White: dry and hard for preserving, but moist for euery bit.

Vse. The first thing that is set on the Table, and the last taken away: vsed almost in all meates, to season or preserue: by drying, resists poyson: consumeth al corrupt humors.

Hurt. Makes soone looke old: dries the bodie: wasteth seede: engenders sharpe and biting humors: causeth itch and scabbes.

Correctiō. Eate little of it, and that in or with moyst meates.

Degree. Hot in dry.

Season. In cold weather for flegmaticke and cold stomackes: bad for cholericke.

Age.

Constitution.

Sal.

## Sal.

*Storie for Table-talke.*

WE haue onely added a letter to the latin name: which takes his original as Salt it ſelfe doth, *a Sole, Salo, & Solo.* For the Sunne naturally oft times makes Salt, of the ſome which the ſea waues leaue vpon the ſhore. Howbeit, art is a much perfecter Salt-maker.

There is Salt of diuerſe colours. In *Ægypt* it is red: in *Sicilia* purple: in *Pathmos*, it is moſt bright and ſplendent. In *Cappadocia*, it is of a Saffron colour. The Diuel loues no Salt with his meat ſaith *Bodinus*.

*Vineger.*

## *Vineger.*

Choise. Made of the best wine, a years old: bettered by putting Roses in it.

Vse. Best temperateth choller: quencheth thirst: closeth and strengtheneth weake gummes: breakes fleame: holesome in time of Pestilence.

Hurt. Taken fasting hurts the sinows, old, leane, and melancholicke folks: gnaweth the stomack and entrals: bad for the diseases of the belly.

Correctiō. Allay it with a good deale of water, or take it with Raisons of the Sunne.

Degree. Cold in the first, moyst in the second.

Season. For hot weather, youth, cholerists.

Age.

Constitution.

*Acetum.*

## *Story for Table-talke.*

THere be foure principall cõtingates to Wine. 1. To be kept vncorrupt: 2. To be kept ſweete: 3. Being corrupt, to be reſtored: 4. To be chaunged into Vineger. This laſt is effected many wayes: moſt of which are commonly knowne. The reaſon and effect of them all, is only this: to bereaue wine of his proper fatneſſe. Whence it followeth, that vineger nourisheth nothing at all: & that it beſt quencheth fire: for it is vtterly voyd of that ſame *Pingue Humidum*, and by his exceeding Acrimony and tartneſſe, eateth and conſumeth.

## Muſtard.

Choiſe. WHich taken, pearceth the braine and prouoketh neeſing.

Vſe. Good ſauce for ſundrie meates, both fleſh and fiſh: beſides medicinable to purge the braine.

Hurt. Not ſo good for the ſight, hotte folkes, or in hot weather.

Degree. Much hotter then ſalt, therefore called in Latine Muſtarda (quaſi) Muſtum ardens: In Engliſh Muſtard: that is, much tart.

Seaſon. In colde weather, for old, colde,
Age. and cunnaticke.
Conſtitution.

*Sinapi.*

## Sinapi.

*Starre for Table-talke.*

PLiny highly commendeth the hearb that yeeldeth this condiment. But (saith he) the seed is (as it were) a *Compendium* of the hearbe. And that, *sine ullo dispendio virtutis.* Yea the seed is all vigour; and though least in quantitie, yet most in power and vertue.

It is the most perfect Embleme of *Ex minimis initijs, Omnia ex nihilo*, that is, creation: to see of little or nothing, what a most ample and large Hearbe ariseth.

## *Muſtard.*

Choiſe.

Vſe.

Hurt.

Degree.

Seaſon.

Age.

Conſtitu-tion.

WHich taken, pearceth the braine and prouoketh neeſing.

Good ſauce for ſundrie meates, both fleſh and fiſh: beſides medicinable to purge the braine.

Not ſo good for the ſight, hotte ſtomakes, or in hot weather.

Much hotter then ſalt, therefore called in Latine Muſtarda (quaſi) Muſtum ardens: In Engliſh Muſtard: that is, much tart.

In colde weather, for old, colde, and cumaticke.

*Sinapi.*

## Sinapi.

### Storie for Table-talke.

PLiny highly commendeth the hearb that yeeldeth this condiment. But (saith he) the seed is (as it were) a *Compendium* of the hearbe. And that, *sine vllo dispendio virtutis*. Yea the seed is all vigour; and though least in quantitie, yet most in power and vertue.

It is the most perfect Embleme of *Ex minimis initijs, Omnia ex nihilo*, that is, creation: to see of little or nothing, what a most ample and large Hearbe ariseth.

## Greene Sauce.

Choise. MAde of swéete hearbes, as Betony, Mint, Basill: also Rose vineger, a Cloue or two, and a little Garlicke.

Vse. Eaten with flesh (as mustard) exciteth appetite: commendeth meates to the Palate: helpes concoction: breaketh fleame in the stomack.

Hurt. Naught for Feuers and hotte stomacks, especially eaten largely.

Correction. Mingle it with the iuyce of Bower Oranges, and eate very good meates vpon it.

Degree. According to the temperature of the herbs it is made of, now more, now lesse hot.

Season. In hot weather, for any, especially for youth.

Age.

Constitutiō.

## *Condimentum viride.*

### *Story for Table-talke.*

THis kinde of Sauce, I neuer tasted my selfe: yet am bold to communicate and commend it to my friendes, as I finde it described by the Italian *Freitagio*. The Italian (as all the world knowes) is most exquisite in the composition of all sortes of Condiments, they being indeede the better part of his Diet. All kinde of Greene-sauce, is questionlesse best in season, while herbs retaine their full strength and perfect vigour.

## Upon the wanton, and excessiue vse of Tabacco.

*IT chaunc'd me gazing at the Theater,*
*To spie a Lock-Tabacco-Chevalier,*
*Clowding the loathing ayr with foggie fume*
*Of Dock-Tabacco, friendly foe to rume,*
*I wisht the Roman lawes severity:* Alex. Seu. Edict.
Who smoke selleth, with smoke be don to dy
*Being well-nigh smouldred with this smokie stir,*
*I gan this wize bespeak my gallant Sir:*
*Certes, me thinketh (Sir) it ill beseems,*
*Thus here to vapour out these reeking steams:*
*Like or to* Marces *steeds, whose nosthrils flam'd,*
*Or* Plinies Nosemen *(mouthles men) surnam'd,*
*Whose breathing nose supply'd Mouths absency.*
*He me regrets with this prophane reply:*
*Nay; I resemble (Sir) Iehouah dread,*
*From out whose posthrils a smoake issued:*
*Or the mid-ayrs congealed region,*
*Whose stomach with crude humors frozen on*
*Sucks up Tabacco-like the vpmost ayr,*
*Enkindled by Fires neighbour candle fayr:*

*And*

*And hence it ſpits out watry reums amaine,*
*As phleamy ſnow, and haile, and ſheerer raine:*
*Anon it ſmoakes beneath, it flames anon.*
*Sooth then, quoth I, it's ſafeſt we be gon,*
*Leſt there ariſe ſome* Ignis Fatuus
*From out this ſmoaking flame, and choken vs.*
*On Engliſh foole: wanton Italianly;*
*Go Frenchly: Dutchly drink; breath Indianly.*

## Tabacco.

Choise. TRanslated out of India in the seed or rote; Native or satiue in our owne fruitfullest soiles: Dried in the shade, and compiled very close: of a tawny colour, somwhat inclining to red: most perspicuous and cleare: which the Nolesoneſt taketh in snuffe.

Vse. It cureth any griefe, dolour, opilation, impostume, or obstruction, proceeding of cold or winde; especially in the head or breast: the leaues are good against the Wigram, cold stomackes, sick kidnies, toth-ache, fits of the mother, naughty breath, scaldings or burnings: 4. ounces of the iuyce drunk, purgeth vp and downe: cleanseth the eyes, being outwardly applied. The water distilled and taken afore the fits, cureth an Ague.

The

## *Tabacus Pilciet.*

### *Stories for Table-talke.*

THis Hearbe is of great antiquitie & high reſpect among the Indians, and eſpecially thoſe of *America* or new *Spain*. Of whō the Spaniards tooke it, after they had ſubdued thoſe Countries, firſt vpon a liking of the hearbe verie faire and glorious to the eye; afterward vpon triall of his vertues worthie admiration.

The Name in *India* is *Pilciet*, ſurnamed *Tabacco* by the Spaniards, of the Ile *Tabaco*. By their meanes it ſpred farre and neare: but yet wee are not beholden to their tradition. Our Engliſh *Vluſſes*, renomed Syr *Walter Rawleigh*, a man admirably excellent in Nauigation, of Natures priuy counſell, and infinitely read

The fume taken in a Pipe, is good againſt Rumes, Catarrhs, hoarſenesſe, ache in the head, ſtomacke, lungs, breaſt: alſo in want of meat, drinke, ſleepe, or reſt.

Hurt. Mortifieth and benummeth: cauſeth drowſineſſe: troubleth & dulleth the ſences: makes (as it were) drunke: dangerous in meale time.

Correction. The leaues be-aſhed or warmed in imbers and aſhes: taken once a day at moſt, in ỹ morning, faſting.

Degree. Hot and dry in the ſecond: of a ſtiffening and ſoddering nature. Alſo diſcuſſing and diſſoluing filthy humours, conſiſting of contrary qualities.

Seaſon. Age. Conſtitution. In Winter and the Spring, for hot, ſtrong, youthful and fat bodies only, as ſome thinke.

reade in the wide booke of the worlde, hath both farre fetcht it, and deare bought it: the estimate of the treasure I leaue to other: yet this all know, since it came in request, there hath bene *Magnus fumi questus*, and *Fumi-vendulus* is the best Epithite for an Apothecary.

Thus much late Histories tell vs: among the Indians it is so highly honoured, that when the Priests are consulting in matter of importance, they presently cast Tabacco into the fire, and receiue at their nose & mouth, the smoak through a Cane, till they fall downe dead drunke. Afterward reuiuing againe, they giue answeres according to the phantasmes and visions, which appeared to them in their sleepe.

*FINIS.*

## *Epipoſion.*

### *Grace after Diets dry Dinner, wherein* Diets Drinking *is promiſed.*

*NOw that your barking ſtomackes mouth is ſtint,*
*And hungers rage appeas'd with choycer fare,*
*And murmuring bowels be to ſilence put,*
*Now that the boordes with voyder purged are:*
*Both thank you God, and thanke Simpoſiarch's paine,*
*That for your thankes, he may thanke you againe.*
*For if you hunger yet, or if you thirſt.*
*Both which (I weet) may* Diets Drineſſe *make,*
*A ſecond courſe may hap to ſwage the firſt,*
*And* Diets Drinking *ſhall the latter ſlake:*
*Accept meane while, theſe Cates of* D. D. D.
*Dreſt by Arts Cookerye* C. C. C.

*Proficiat.* Profect. *Meythgoodditchye.*

## *Ioa: VVeeueri Epicriſis ad Henricum Butſum.*

*DIETS dry Diner?* change thy Dinners name,
For (wittie *Buttes*) thou doeſt thy Dinner wro
ffiſh, fruite, fleſh, and white-meat doeſt thou fra
dyet with Tabacco leaues among:
nd can'ſt thou ſay thy Dinner then is dry
hen both of Spices and of Sauces ſtore
nd of Tabaccos moyſture freſh ſupply
hy Dinner is repleniſh't euermore?
ith ſalt of wit ſo ſweet thy Dinner ſeaſond,
nd reliſht with the ſharpeneſſe of thine Art:
he *Hiſtorie* of this thy Dyet reaſond.
he table furniſht rich in euery part.
*Change, change, thy name: I ſee no reaſon why*
Buttes) *thou ſhouldeſt call thy* Dyets Dinner *dry*

# Eiusdem ad eundem de eodem *Palinodoia.*

*Hange not the Name: for Dinners should be dry.*
*I wonne the fashion: on a Cupboord by*
*The drinke must pauling stand: For once I sate*
Pontus *Table, and withall forgate,*
*(else it was my blushing modestie,*
*Lamde to shoute for drinke so openly)*
*call for beere. From Dinner I rose up,*
*I neuer toucht of* Pontus *fomy Cup:*
*With* Pontus *then ere any more I dine,*
*ttes (by thy leaue) Ile be a Gnest of thine.*

MVSEVM BRITAN

FINIS.